

# Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

## **Septal Defect Closure Procedure Atrial Septal Defect (ASD) or Patent Foramen Ovale (PFO)**

**Be at the Hospital Patient Registration Desk, A Level, on:**

\_\_\_\_\_ (day/date) \_\_\_\_\_ (time)

**Call 608-258-6856 If:**

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

### **What is it?**

This is a procedure that closes the opening in the wall of the atrial septum. The atrial septum is a wall that is between the two upper heart chambers. This opening causes the blood to mix and the heart to work harder.

During this procedure, a special catheter with a closure device is inserted through the leg vein up to the heart, where the device is left to close the opening.

### **Why do you need a repair?**

- ♥ To protect yourself from future strokes and migraines.
- ♥ To decrease the pressure on the right side of your heart.

### **Before your procedure:**

- ♥ If you take Coumadin (Warfarin), stop taking this medication **three days** before your procedure (unless told differently).
- ♥ Aspirin and Plavix should be taken as directed by your doctor.
- ♥ If you take Viagra, Levitra or Cialis, do not use 48 hours before your admission.

- ♥ Arrange to have someone drive you to and from the hospital.
- ♥ Your procedure will require an overnight stay in the hospital.
- ♥ Come prepared to inform us of any preferences in your care including: food, family visitation, and prayer.

### **Day before your procedure:**

- ♥ You will receive a call two days before with the time of arrival and instructions. Please tell us if you:
  - ♥ have a latex allergy.
  - ♥ are possibly pregnant.
  - ♥ have any bleeding problems.
- ♥ Do not eat or drink anything after midnight the evening before your procedure.

The Cardiology Department would like you to be aware that we are unable to give you a specific start time for your procedure. Each procedure varies in length and unplanned emergency procedures will delay your start time.

### **Day of your procedure:**

- ♥ Bring a robe, non-skid footwear and personal care items (if you already have these items).
- ♥ Do not take any medications **including**; insulin for diabetes, vitamins, herbals, **and/or** food supplements the day of your procedure unless told differently by your physician or in your pre-procedure office visit.
- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container. This will help update your records.
- ♥ Bring your Bipap/Cpap machine if you have one
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

**Note: St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advanced Directives form. No registration is necessary, check at the Information Desk for the room location.**

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be taken to your room in the Surgery and Procedure Center.

### **Preparing for your procedure:**

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ Blood tests and an Electrocardiogram (EKG) may be done.
- ♥ Your heart doctor and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.
- ♥ You will sign a consent form for the procedure.
- ♥ You may be given medication before the procedure that will help you relax and make you sleepy.
- ♥ You will be in the Cardiac Cath Lab for at least 3 to 4 hours. Please remember it is common for times to vary depending on your procedure.
- ♥ Your family and belongings will be taken to your new room. We will ask your family to notify the nurse if they leave the area while you are gone.

### **During your procedure:**

- ♥ Upon arrival to the Cardiac Cath Lab, you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ Any hair is clipped in the area where the catheters will be inserted.
- ♥ Additional IV medication will be given to help you relax and sleep.
- ♥ The area where the catheter will be placed is numbed with medication.
- ♥ This procedure is not painful, but you may feel some pressure. Let your Cath lab team know if you have any pain or discomfort.
- ♥ You may hear beeps and see TV screens nearby before you fall asleep.
- ♥ A long, thin flexible tube (catheter) is put into your groin and guided to your heart. Once this has been done, a mesh disk attached to a catheter will be positioned in place to seal the opening.

### **After your repair:**

- ♥ You will wake up in the Cardiac Catheterization Lab and then taken to the Post Anesthesia Care Unit.

- ♥ The catheter (sheath) will be left in place for several hours. This allows time for the blood thinning medication to wear off.
- ♥ The catheter is removed and pressure will be applied to the site to prevent bleeding.
- ♥ You will be transferred to a private room on Cardiovascular Intermediate Care Unit to stay overnight.
- ♥ You will return to your room and remain on strict bedrest for 2-6 hours. During this time, the area where the catheter was placed cannot be moved. You will be able to eat, drink and watch TV
- ♥ You will receive complete instructions from your nurse.

### **Tobacco Free Campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.**

Other resources are available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac)

Then Click on “Patient Instructions”.