

CARDIAC CATHETERIZATION



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What Is Cardiac Catheterization?

Cardiac Catheterization is a diagnostic procedure that allows doctors to examine the blood vessels of your heart (coronary arteries) to see if there are any blockages. It also checks the function of your heart valves and how well your heart pumps blood to the body. Doctors perform this procedure at Newark Hospitals listed on the side on Wednesdays. It is an important test used to diagnose heart disease. Cardiac catheterization is not a surgical procedure.

How Is It Done?

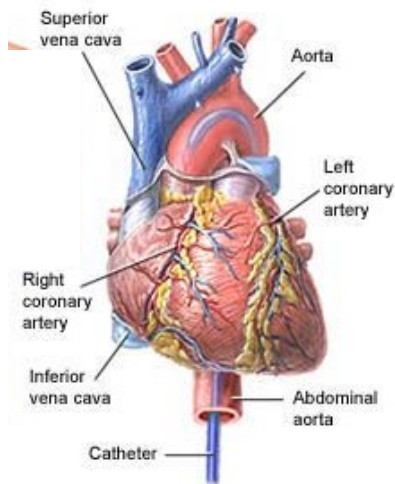
A cardiologist and a specialized team of nurses and technicians perform your catheterization in the cardiac catheterization laboratory. You are on a table that has a large x-ray camera above it. The team views pictures of the procedure on television screens close by. The procedure begins by inserting a long, thin plastic tube (catheter) into an artery in the groin or arm. Your doctor decides whether the procedure will be performed through your leg or arm.

What Should You Expect?



You will be awake during the catheterization, but you will be given medication to relax. The catheterization usually lasts one to two hours. Your cardiologist will meet with you afterward to review the results of the procedure. For routine cardiac cath, you can expect to be discharged within 6 to 24 hours.

(Site of Catheterization Above)



Before The Procedure:

- Let your doctor know if you are allergic to any medications or foods.
- Do not eat anything after midnight if your procedure will be early in the morning. You may have clear liquids if your procedure will be late in the day. Clear liquids include apple juice, tea, water, seven-up, ginger ale, gelatin and chicken broth. Clear liquids do NOT include orange juice, milk, coffee and cola.
- You may take all medications as usual with a sip of water, **except for Metformin / Glucophage / Glucovance which should be stopped 2 days before the procedure)**
 - . 1. Patients on Plavix (clopidogrel) , Effient (pasugrel), Brilinta (ticagrelor) and aspirin DO NOT need to discontinue their medication.
 - 2. Patients on Pradaxa (Dabigatran), Xarelto (Rivaroxaban) and Eliquis (apixaban) should stop the medication 2 days before procedure.
 - 3. Patients on Coumadin or warfarin should stop it 5 days before procedure
 - Do NOT smoke because this may affect the test.
- An electrocardiogram (EKG), chest x-ray and blood studies are completed before your catheterization.
- You will be wearing a hospital gown. Do NOT wear jewelry into the lab, but you may wear your dentures, hearing aide and glasses.
- A team of doctors, nurses and technicians in surgical scrub clothes greet you as you enter the catheterization lab. The temperature in the cath lab is cool to protect the computer and x-ray equipment.
- The preparation for the catheterization takes about 30 minutes.
- The staff prepares you by shaving your arm or groin, then cleansing the area with an antiseptic and covering it with sterile sheets.
- Monitoring of your heart rhythm and blood pressure is continuous. An intravenous (IV) line is started.
- You receive an injection of a local anesthetic to numb the area where your doctor will insert the catheter. You will feel pressure at the insertion site. If the pressure becomes uncomfortable, please tell the staff.

During The Procedure:

- Catheters are placed into your artery and your vein. The physician guides the catheters through the blood vessels and into your heart. During this time it's normal to experience some heart palpitations.

- Once the catheter is in place, dye is injected. The technology records pictures of your heart at various angles. You may feel a warm flush or become nauseated. These feelings are normal and should pass. The dye highlights the coronary arteries, the chambers of the heart and the heart valves.
- If there is a blockage in the coronary arteries or if there is a problem with your valves, the doctor can see this on the monitor at the time of the procedure.
- This procedure is recorded. Once the recording is developed, your doctor will discuss the results with you.

After The Procedure:

- The staff brings you to the Cardiac Catheterizations Recovery Room and removes the catheters. The cath lab nurse monitors you. You stay in the recovery area for about 30 minutes.
- When you return to your room, you need to drink fluids that help your kidneys “flush” the dye from your body. Fluids also enter your body through the IV.
- You can raise the head of your bed 30 degrees and you can eat solid foods.
- The dye and all the fluid you drink may cause an increase in urination. Sometimes patients have difficulty urinating while laying flat. If you need assistance with a bedpan, call your nurse.

General Instructions:

- You may shower after the dressing is removed and the puncture site has been examined by your nurse or doctor.
- If you stay overnight, blood is drawn the morning following your catheterization to check the creatinine level, which reflects how your kidneys are functioning. This is important because the dye you received during the catheterization can cause your kidney function to slow down.
- Notify the nurse immediately if you experience the following symptoms after your catheterization:
 - Discomfort in the face, jaws, arms, chest or upper back
 - Shortness of breath
 - Dizziness
 - Weakness
 - Leg pain / numbness

Follow-Up / Discharge Instructions:

Follow-up care varies from patient to patient according to the diagnosis your doctor has made. If the physician finds a blockage, treatment may include medication, balloon angioplasty, atherectomy, stent or bypass surgery.

If your procedure was uncomplicated, your doctor may allow you to return to normal activities within 48 hours.

Use the following guidelines after you leave the hospital:

- Most patients can resume all activities and return to work within 48 hours. There may be some restrictions depending on your diagnosis.
- Your cardiologist determines your follow-up care. You may need to call his/her office to schedule an appointment.
- You can shower within 24 hours after the procedure. If your arm was used, avoid wetting this area (cover with a plastic bag) until your doctor has observed the site
- Continue to drink plenty of fluids for 2 days after the test. If you have a condition that restricts the liberal use of fluids, you will receive specific instructions before you leave the hospital.
- All sutures must be removed in 4 to 5 days.
- Avoid driving for 24 hours after your procedure if the groin was the catheterization site, avoid driving for 72 hours if your arm was used.
- void lifting (5 pounds or more), stretching or straining for the first 48 hours after your procedure.

- PLEASE NOTIFY YOUR DOCTOR IMMEDIATELY if the puncture site changes in any of the following ways:
 - Increasing in bruising or color
 - Increase in hardness
 - Bleeding
 - Hot or swollenOR IF YOU DEVELOP:
 - A fever
 - Numbness