



ACADEMIC CARDIOLOGY ASSOCIATES

Martin F. McGough, M.D., F.A.C.C., F.A.S.E. John S. Heath, M.D., F.A.C.C.
Phillip L. Kraft, M.D., F.A.C.C. John A. Sallach, M.D. F.A.C.C., F.A.S.E. Jason Crile, M.D.
1701 South Blvd East Suite 390, Rochester Hills, MI. 48307 (248) 293-0055, Fax (248) 293-3348

GUIDE TO CARDIAC CATHETERIZATION

What is a Cardiac Catheterization?

A cardiac catheterization is a test that shows if there are problems within your heart or if any of the arteries that supply blood to your heart are blocked. During this test, a long thin tube called a catheter is inserted into an artery and guided to the heart. A special dye (which is visible by X-ray) is injected through the catheter. The X-rays show where there are potential problems. A cardiac catheterization can show:

- How well the heart is pumping
- If any of the coronary arteries are blocked
- If the heart valves are leaky or narrowed
- If you were born with abnormal connections between your heart chambers or blood vessels
- If the heart muscle is weak or thickened due to disease or previous heart attack

PREPARING FOR YOUR CATHETERIZATION

Once you and your cardiologist have decided to proceed with a cardiac catheterization, you will be scheduled and given a procedure date. You will be asked to obtain blood work 1-3 days prior to the procedure. **Please inform our office if you have had an allergic reaction to Iodine, shellfish, or any dye based tests (catheterization, IVP, CAT scan).** You will need additional medications prior to your catheterization. Contact your physician for instructions if you take medication for diabetes (Micronase, Insulin, Diabeta). If you take Glucophage, Metformin or Glucovance, it must be stopped the day of the procedure and for two days after the procedure. If you are taking a blood thinner (Coumadin or one of the newer agents such as: Pradaxa, Xarelto, Eliquis or Savaysa) please contact our office for instructions prior to your catheterization.

THE DAY BEFORE YOUR CATHETERIZATION

You should expect a call from the hospital admitting department by 6 PM the night before your procedure to confirm your appointment. If you are not contacted or will be out during this time, please contact them at 248-964-8429 prior to 8 PM. During this call, you will also be instructed where you should check in once you arrive at Beaumont. Since you will receive conscious sedation, it is important that you:

1. Do not eat or drink for six hours before your catheterization.
2. If you normally take a morning dose of heart medications, take them before coming to the hospital with one ounce or less of water unless instructed otherwise.
3. You must have an adult accompany you to the hospital since you will receive sedation.
4. Please also arrange for transportation home as you will not be allowed to drive for the remainder of the day.

WHAT TO EXPECT THE DAY OF YOUR CATHETERIZATION

Cardiac catheterizations are performed in the Catheterization Lab (Cath lab) at the hospital. You will notice that this is a special area with an x-ray camera and monitors that look like TV screens. These monitors let the doctors see your arteries and your heart as the test is done. After you arrive, a nurse will review your medical history and confirm your daily medications (please provide a written list of all your current medications including the dosages

and frequency). The nurse will also review the procedure, discuss the risks involved and have you sign an informed consent.

Prep Prior to the Procedure

A number of electrodes will be applied to your chest in order to obtain an electrocardiogram (EKG). Please do not use any moisturizing lotions or oils the day of the procedure. The area where the catheter is inserted may be cleaned and shaved. This may be an area on your wrist or in your groin depending on your medical history and body size. The nurse will place an intravenous (IV) line in your arm to administer fluids and medication to help you relax for the procedure. It will be necessary for the staff to communicate with you, and they will need to know if you are experiencing any discomfort.

The Catheterization

The area where the catheter is inserted will be numbed. A small opening will be made in the artery in this area. An introducer sheath will be placed in the artery. The catheter will be passed through the sheath and guided to your heart. X-ray dye is inserted through the catheter to get a picture of your heart. As the dye is injected, you might feel warm or light-headed for 10 to 20 seconds. It is important not to talk as pressures are recorded because the measurements being taken should reflect your quiet resting state. After reviewing the x-rays, the doctor will determine how best to treat any blockages in your heart to improve the blood flow.

- Angioplasty – Balloon-tipped catheter presses fatty deposits against the artery wall, making a wider opening for blood flow.
- Stent – Small mesh device is placed in the artery to hold it open so more blood can get to the heart.
- Bypass surgery - A blood vessel from another part of the body is used to bypass the blocked artery so more blood can get to the heart.

After the Procedure

Once the catheterization is finished, the catheter will be removed. The sheath may be removed immediately or up to a few hours later. You will remain connected to the monitors to evaluate your heart rate and blood pressure during the recovery phase. Tell your doctor or nurse if you have chest pain or discomfort in your neck, jaw, arms or back. Also let the staff know if you experience shortness of breath or dizziness. You will be given IV fluids and may be asked to drink extra fluids to flush out the dye that was injected in your artery. If the catheterization was through the groin, bed rest (usually 2-6 hours) is essential to ensure that the puncture site heals. You should not actively raise your head or roll from side to side. You may bend your foot and wiggle your toes but do not bend at the knee. If your wrist was used, you should be able to sit up immediately. Once the sedation has worn off, post procedure medication instructions will be reviewed with you and your family. The hospital staff will provide you with written instructions. You will be given time to ask questions, when all your questions are answered, you will be free to go. If you have a stent placed, you will spend the night on the cardiac unit.

ONCE AT HOME

Most people can return to their normal activities in 1 or 2 days. Ask your cardiologist when you can return to sports, exercise and other physical activities. Do not push or pull heavy objects or lift more than 10 pounds for at least 2 weeks (or as long as your doctor tells you). Avoid strenuous activities for a few days. Do not drink alcohol, drive, operate heavy machinery or make important decisions for at least 24 hours. Please plan to follow-up with your cardiologist approximately 2 weeks after your catheterization.