



Instructions for Cardiac Catheterization Three Village Cardiology

A cardiac catheterization is a test performed in the hospital where a thin tube or catheter is inserted into an artery and guided to the heart. A special dye (which is visible with X-ray) is injected through the catheter. The X-rays show where any problems may be.

Purpose:

- To show if any of the coronary arteries are blocked
- To show if the heart valves are working properly
- To show if the heart muscle has been damaged by disease
- To show if you were born with a heart defect

Before the procedure: Report any allergies you have. Since X-ray dye contains iodine it is important to report any allergies X-ray dye or shellfish. If you are allergic, the catheterization can be performed but additional medications to prevent any reaction may need to be given prior to the test.

Do not eat or drink anything for 6 to 8 hours before the test. If you are diabetic, you may need to check with your primary care doctor regarding how you are to take your diabetic medications on the night before and morning of the test. The area where the catheter is inserted will be shaved if need be. You will be given both oral and intravenous medication before and during the procedure to help you relax.

The test is performed in the cardiac catheterization suite at the hospital. You will go to admitting on the day of the test to register and on to short stay. The cardiac catheterization normally takes approximately one half hour once you are in the catheterization lab. If a blockage is identified, which can be fixed, you may go on to an additional procedure such as an angioplasty or stent.

Cardiac Catheterization the actual procedure

The area where the catheter will be inserted is anesthetized. A small puncture is made in the artery and a small tube or introducer sheath is placed in the artery. The catheter passes through the sheath and is guided to the heart. X-ray dye is injected through the catheter and X-rays of the heart and coronary arteries are taken.

After the procedure

After the catheterization you will either go on to have a stent or angioplasty, or you will have the catheter removed in the cath lab, and a small seal will be inserted in the leg to help close the hole made in the artery. Stitches may be used if the approach is made through the arm.

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You will be watched for bleeding and discharged home. At home you should continue to keep your leg straight or arm still for at least 6 hours after the procedure. You may notice a bruise or small lump in the groin or arm area. This is normal unless the area increases in size or discomfort.

IF YOU EXPERIENCE ANY OF THE FOLLOWING IMMEDIATELY CALL (631) 689-1400.

- Numbness or pain in the arm or leg where the procedure was done
- Difficulty breathing
- Chest or back pain
- Palpitations or irregular heartbeat
- Bleeding at the insertion site

You may return to usual activities in 1-2 days. Do not push or lift more than 10 pounds for at least 1-2 weeks after the procedure unless told otherwise.

Any questions, do not to hesitate to call Three Village Cardiology at (631) 689-1400.