

A comprehensive guide to  
**CARDIAC CATHETERIZATION**



**HARMONY  
HEART  
GROUP**

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“If I CREATE from the  
**HEART** nearly  
everything WORKS”  
MARC CHAGALL

## WHAT IS CARDIAC CATHETERIZATION?

Your cardiologist has recommended a test called cardiac catheterization. This test shows if there are problems within your heart or if any of the arteries that supply your heart with blood are blocked.

In this test, a thin tube called a catheter is inserted into an artery and guided to the heart. A dye is injected through the catheter. The x-rays show the nature of the problem and where it is located.

Cardiac catheterization can show:

- ♥ How well the heart is pumping
- ♥ If any of the coronary arteries are blocked
- ♥ If the heart valves are working properly
- ♥ If you were born with a heart defect
- ♥ If the heart has been damaged by disease
- ♥ If there is heart failure

Your **pre-testing** appointment is at The Medical Center of Plano on:

DATE

TIME

Your **procedure** is on:

DATE

TIME

The hospital asks that you arrive 2 hours prior to your appointment in order to register.

Your **follow-up** appointment with Dr. \_\_\_\_\_ is on:

DATE

TIME

### CHECKLIST

- Take a 325 mg of aspirin the night before and the morning of your procedure.
- Do not eat anything after midnight the day before.
- If you are diabetic, hold all oral or injectable diabetes medications on the day of the procedure.
- Medical instructions  
\_\_\_\_\_
- Are you pregnant or think you might be?
- Do you have your overnight bag?
- Do you have all of your medications ready to bring with you to the appointment?
- Have you arranged for a driver?
- You must have someone drive you home.

### MEDICAL CENTER OF PLANO

**3901 W. 15th Street**  
**Plano, TX 75075**

Visit **HarmonyHeartGroup.com** for map and office location.

# BEFORE THE PROCEDURE

The Medical Center of Plano scheduling department will call the patient and schedule pre-testing. Pre-testing consists of an EKG, X-ray and labs. Arrive 30 minutes prior to your pre-testing appointment.

**The day of the procedure:** When you arrive at The Medical Center of Plano, your first stop will be to register at the registration desk, which is located at the back of the hospital. Our hospital is located at the corner of 15th Street and Coit Road. On Coit Road, you will see the sign for the emergency room; turn into the driveway and park in the parking lot directly behind emergency. Come through the outpatient doors and make an immediate right. You will see the registration desk on your right. Once you have registered, you will be taken to our Interventional Care Unit to be prepped for your procedure. This is where most of your medical history will be taken. Your physician will prescribe 1 (one) adult 325 mg aspirin the morning of the procedure with a small sip of water, just enough to be able to swallow the aspirin if you did not take it at home. **Should you have any questions regarding your catheterization or scheduling, call Harmony Heart Group at 972.612.4730.**

- You will need to take 1 (one) 325 mg aspirin the day before and the day of catheterization
- Do not eat or drink anything after midnight the day before the procedure
- If you are diabetic, hold all oral and injectable medications on the day of your procedure
- If you have any allergies to foods, medicines, x-ray dye or shellfish, please let us know

**You will need a driver and an overnight bag. The usual hospital stay for a catheterization is ten hours. However, if a stent or angioplasty is done, you will most likely need to stay overnight.** Family may stay with you until your procedure time and then will be directed to the waiting room located just outside of the Cath Lab. There is a sandwich shop located nearby which serves sandwiches, soups, smoothies, etc., should your family want anything to eat while waiting. The hospital cafeteria is open for breakfast (7-9AM), lunch (11AM-2PM) and dinner (4:30-6:30PM).

**Please make sure the scheduler has correct phone numbers.**

# DURING THE PROCEDURE

- 1 You will most likely be given medicine through an IV in your arm to relax you.
- 2 The area where the catheter will be inserted may be clipped or shaved, then scrubbed with a special soap.
- 3 In the cath lab, you will lie on a bed under an x-ray camera that is hooked to one or more monitors.
- 4 Electrodes (sticky pads) will be put on your chest to hook you up to an electrocardiogram (ECG) machine. This will monitor your heartbeat during the cath. A blood pressure cuff will be placed on your arm.
- 5 A local anesthetic will be injected into the skin around the insertion site in your upper leg (groin) or arm to numb it. This may sting a little or be uncomfortable.
- 6 A needle-like tube (introducer) is inserted in your blood vessel. Then, a long, thin tube (catheter) is inserted through it into the blood vessel.
- 7 As your doctor watches on the monitor, the catheter is guided through your blood vessel until it reaches your heart. You may feel a little pressure, but no pain, as this is done.
- 8 Dye is injected into the catheter and x-ray pictures are taken of your heart and coronary arteries. You may feel warm or hot for about 30 seconds. You may be asked to take a deep breath, cough, turn to one side or to not speak for a few minutes.
- 9 Once the pictures are taken, your physician will remove the catheter. The test takes about 30-60 minutes.
- 10 A few stitches may be needed to close the insertion site if an arm artery or vein was used. If a groin site was used, firm pressure is applied to the site for at least 10 to 20 minutes. Then, a pressure bandage is placed on the insertion site. Occasionally an arterial plug may be used to close the artery.

# AFTER THE PROCEDURE

You can eat and drink right after the test. If an arm site was used, you may move your arm, but do not bend your elbow for several hours. If a groin site was used, bed rest is usually needed for 2 to 6 hours for a good seal to form. Do not bend your legs at the hip or raise your head off the pillow. During this time, a nurse will monitor your blood pressure and check the insertion site often to make sure it's not bleeding.

### Tell your nurse if:

- You have any chest pain or feel short of breath, weak, or dizzy
- You have discomfort, warmth or wetness around the insertion site
- The arm or leg used for inserting the catheter becomes cold or numb or swelling increases at the puncture site
- You have onset of back pain

Once a seal forms, all you'll need is a Band-Aid® over the site. Unless other treatment is needed, you will most likely go home the same day. You may feel tired and have a bruise or lump where the catheter was put in. You should take it easy for a few days and avoid lifting anything weighing more than ten pounds for two weeks. Your doctor will tell you when you can

return to full activity. You will not be able to drive for two days.

Once your physician studies your test results, he/she will tell you if other tests or treatments are needed. You may get the results of your test before you leave or your doctor may discuss them with you at your next visit.

