



Information about your Cardiac Procedure

You are booked for a heart catheterization test on:

UHN

Date: _____

Time: _____

Toronto Western Hospital
Cardiac Investigation Unit, 3A Fell Pavilion
399 Bathurst Street
Toronto, Ontario M5T 2S8



Parking is available at street level on Leonard Avenue and Nassau Street.

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Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

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Information about Toronto Western Hospital

Your doctor recommended that you have a procedure known as a **cardiac catheterization** or **coronary angiogram**. You have been registered in the provincial Cardiac Care Network of Ontario database as a patient waiting for this test. This registry helps to make sure that all patients receive timely access to cardiac care.

There is a possibility that your cardiac procedure may be unexpectedly cancelled due to extended procedure times, patient condition, staff and/or bed availability. If this happens your cardiac procedure will be rescheduled at a later date.

After reviewing your coronary angiogram results, your doctor may decide you need an angioplasty. The angioplasty may be done on the same day, or cancelled and booked at a later date.

If you are coming from out of town

If you are coming from outside of the Toronto area, you may need to stay in the city overnight before or after your test.

What you need to know before your test

If you take a "blood thinner" (i.e. Coumadin® or Warfarin) or you are not sure, call the doctor that will be doing your test. Ask what you need to do about your "blood thinner".

If you take pills (i.e. Metformin®) or insulin for your diabetes, then call your family doctor or the doctor who is arranging your test. Ask what you will need to do about your medication and breakfast on the day of the test.

You will need to have a blood test 2 to 4 weeks before the test. If this has not been arranged by 2 weeks before your test, then call the doctor that will be doing your test to find out what to do.

- If you do not speak English, you **must bring someone to translate for you**. They must be able to stay with you to translate before and after the test.
- You must have someone drive you home after the procedure. You may go home by taxi if you have an escort.
- Arrange for someone to stay with you during the night, after you have had your test.

- If you have any questions, you can call the doctor's office, or the nurse's station at 416-603-5797.
- If there are any changes in the booking of your test, you will be called by the doctor's office.
- If you cannot go to your test, call the doctor's office as soon as you know. If you are unable to reach the doctor, then leave a message at 416-603-5793.

Questions

- Please ask your doctor if you have any questions about the procedure and its risks.
- For more information, please visit <http://www.uhn.ca/>
 1. click "Patients and Visitors"
 2. click "Health Information"
 3. click "List of Topics"
 4. click "Heart and Circulation"

If there is a change in your health

- Call your doctor (the one that set up your test), or go to the nearest hospital.
- If you are having difficulty reaching your doctor, or you need any other information, please call the Regional Cardiac Care Coordinator at 416-340-5184.

What you need to do before your test

- ❑ Take a shower or bath the night before or the morning of your test.

If your procedure time is in the morning:

- ❑ Do not have anything to eat or drink after midnight the night before your test.
Except, you should take all your pills at normal times with a little water (but follow the doctor's orders for your "blood thinner" and diabetes pills).

If your procedure time is in the afternoon:

- ❑ Eat a small breakfast (such as toast and juice) by 6:00 am the morning of your test. Do not have anything to eat or drink until after the test.
Except, you should take all your pills at normal times with a little water (but follow the doctor's orders for your "blood thinner" and diabetes pills).

What you should bring to the hospital

- Bring your pills in their bottles.
- Bring your dentures, glasses, hearing aid, books to read, health card and hospital blue card.
- If you wish, bring a music listening device with headset.
- You do not need to bring: large amounts of money, slippers, pyjamas, food and jewellery.

When you get to the hospital

- When you arrive, go to the **Cardiac Investigation Unit, 3A Fell Pavilion**.
- To get there, take the south elevators by the main lobby to the 3rd floor.
- Then follow the signs to the Cardiac Investigation Unit, 3A Fell Pavilion.
- Go to the nurse's station to check in. The telephone number for this nurse's station is 416-603-5184.

If you have any problem walking, arrange to be dropped off at the main door before parking. See map on cover page for parking areas.

What should I expect on the day of my test?

- Expect to wait a few hours before the test. Bring books to read, music to listen to, or something to keep you busy during these waiting hours.
- Expect to stay in bed for 3 to 6 hours after the test.
- Expect to spend most of the day in the hospital.
- Expect to go home the same day as the test.

Understanding your Heart Catheterization

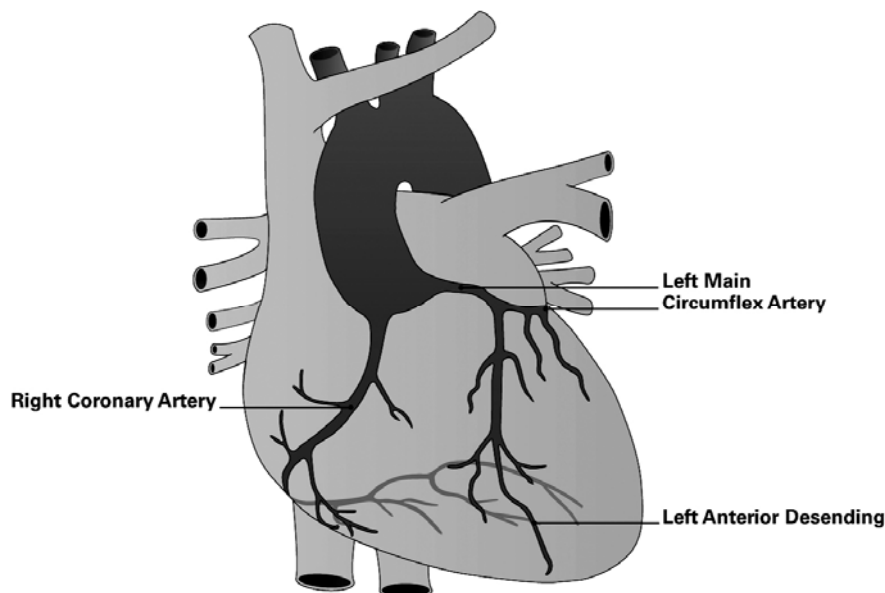
What is a heart catheterization?

A cardiac catheterization (angiogram) helps your doctor get information about your heart. This includes how well your arteries work.

Your coronary arteries supply the heart muscle with blood. An angiogram takes pictures of your heart by injecting a dye into a catheter. A catheter is a hollow flexible tube made out of soft plastic.

How does your heart work?

You have major coronary arteries that supply your heart muscle with blood. Each main artery has many branches like the roots of a tree. A cardiac catheterization takes pictures of these arteries. This will help your doctor see your arteries better.



About the test or procedure

- We give you medication to help you relax before you enter the lab.
- You will remain awake during the procedure.

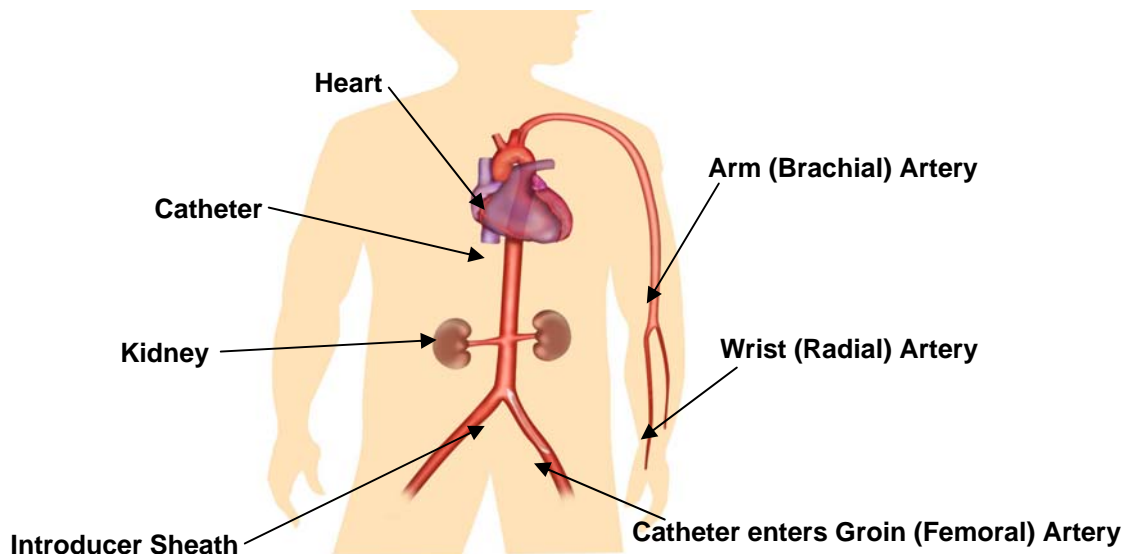
A heart catheterization can be done in these two ways. Both ways are safe.

Femoral Artery

- A catheter is inserted through the femoral artery. The femoral artery is a large artery near your groin. If your doctor uses the femoral artery approach, the staff will remove hair from your groin.

Brachial or Radial Artery

- A catheter is inserted through either the brachial or radial artery in your arm. If your doctor uses the radial or brachial approach, the staff will remove hair from your arm.



How long will the procedure take?

You can expect the procedure to take between 20 to 40 minutes. This does not include the time it takes to get ready and the time it takes to recover.

Please arrange for the following:

- Be prepared to stay in the hospital all day.
- You must have someone take you home after your procedure.
- You must have someone stay with you for the night after your procedure.

What happens in the cardiac catheterization lab?

The catheterization is done in a lab. The lab is kept cool to keep the machines working properly. You may feel cool in the lab.

During the procedure, the nurses will monitor your heart rhythm and blood pressure. Sterile sheets will be put on you to keep the insertion site sterile.

The doctor will give you an injection to numb the area where the catheter will be inserted. Your doctor will insert a hollow plastic guide (sheath) into the artery. While the sheath is being inserted, you may feel some pressure and tingling. This is normal. After the sheath is inserted, your doctor will insert the catheter through the artery, which goes to the top of your heart. If you feel any pain or discomfort during the procedure, tell the doctor immediately.

Your doctor will inject a dye through the catheter that goes into your heart. You may feel a hot flash lasting about 30 seconds. This is normal. If you feel any pain or discomfort at this time, tell the doctor immediately.

While the dye is moving through your heart, the doctor will ask you to take a deep breath and hold it. Holding your breath will help get better pictures of your heart. The doctor will let you know when you can breathe normally again.

After your doctor has finished taking pictures of your heart, the catheter will be removed. The sheath may be removed in the lab or in the recovery room.

What happens after the procedure?

Once you return to the recovery area, the sheath will be removed. If your doctor has used the femoral artery near your groin, a clamp will be applied to the area where the catheter was put in. If your doctor has used your arm artery, another type of pressure will be used. Pressure is applied to the area where the catheter was put to stop bleeding and help the area heal.

When you return from the lab, you will be lying flat on your back with your leg straight. **You will stay in this position for 3 to 6 hours before you are allowed to sit up.** This allows more time for the area to heal. One hour after the procedure, you will be allowed to have something to eat and drink. A nurse will be checking your blood pressure and the pulses in your wrists and feet. The nurse will also check the area where the catheter was inserted during this time.

When will I get my results?

After your doctor has received all the results, he or she will discuss the results with you.

Going home after your Heart Angiogram

When can I take the bandage off my groin or wrist?

You can take the bandage off 24 hours after your angiogram.

Can my groin or wrist puncture site bleed once I get home?

- It should not bleed, but this does happen sometimes.
- If your site does start to bleed, lay down immediately.
- Press firmly over the area until the bleeding stops.
- If the bleeding does not stop, you must:
 1. continue to press firmly over the area
 2. telephone 911

Can other problems happen?

You may have some discomfort. Use Tylenol® or acetaminophen for any discomfort. It is unlikely that you will have other problems. Call your doctor or go to the nearest emergency department if you have any of the following:

- A painful, cold, discoloured, swollen, enlarged or red leg.
- A fever or pus-like discharge at the puncture site. A small amount of bruising at the site is normal.
- Sudden shortness of breath.
- Severe pain or swelling at your groin puncture site, your scrotal or pelvic area or in your lower abdomen above the puncture site.

Can I climb stairs?

Yes, you can climb stairs. Go slowly if you need to. Organize your activities so that you have your upstairs tasks together and your downstairs tasks together. This helps to reduce how many times you go up and down stairs.

Should I shower or bathe?

You may shower 24 hours after your procedure. **Do not** sit in a hot bath for the first 7 days after your procedure because this can cause the puncture site at your groin to bleed.

When can I start having sex again?

You can have sex 2 days after your procedure.

Can I lift heavy objects?

It takes time for your groin to heal after your angiogram. Do not lift, push or pull anything over 10 lbs. for 1 week after your procedure. Things that are over 10 lbs. include children, heavy grocery bags, lawnmowers, vacuums and weights.

When can I return to work?

Ask your doctor. When you can return to work depends on the kind of work that you do. If you have a job where you sit, you can usually go back after 2 to 3 days.

If you have a job where you do heavy lifting, it will be longer.

When can I get back to regular exercise?

You may walk for the first 3 to 4 days after your angiogram. Walk at an easy pace. Stop if you get angina or become short of breath. **Do not do any heavy exercising** during this time.

Ask your doctor how much walking and exercise you should do.

When can I drive my car?

You can drive your car 1 day after your angiogram. If you are traveling for long periods, stretch your legs every hour.

If you drive a commercial vehicle, ask your doctor when you can start driving again.

I am planning a trip. When can I travel by air?

Talk to your cardiologist before you book your flight. You may have restrictions that prevent you from being able to fly.

About your nitroglycerine

If you have a prescription for nitroglycerine, always carry it with you.

If you have angina, take your nitroglycerine immediately and follow these steps:

- Wait 5 minutes.
- If your angina is not gone after 5 minutes, take a 2nd nitroglycerine.
- Wait 5 minutes.
- If you still have angina, take a 3rd nitroglycerine.
- Wait 5 minutes.
- If you still have angina, telephone 911 or have someone take you to the nearest emergency.
- **Do not drive yourself to the hospital.**

Questions

If you have any questions after you have gone home, you may call the nurses at 416-603-5797.