



Cardiac Catheterization

OUTPATIENT PROCEDURE

Name: _____

CARDIAC CATHETERIZATION

The following information is a brief description of Cardiac Catheterization. If you have any questions after reading this handout, please speak with your nurse.

WHAT IS A CARDIAC CATHETERIZATION?

- It is a test done to see how the heart is functioning.
- A catheter (long thin tube) is inserted (usually in femoral blood vessels in the right groin area,) and advanced to the heart. Dye is injected so areas can be visualized.
- Pressure and oxygen concentration readings can also be taken.

WHY IS IT DONE?

- It can reveal if there are problems with the valves, the heart muscle or the arteries that supply blood to the heart muscle itself.

WHERE IS THE PROCEDURE DONE?

- Cardiac Catheterization Lab, 5th floor, Tisch Hospital.

HOW LONG DOES IT TAKE?

- The procedure usually takes 45 minutes to 1 hour. This does not include time for transportation to and from unit and preparation time which may cause you to be away from the unit for 3-4 hours.



Cardiac Catheterization

WHAT PREPARATION IS NEEDED?

Usually done at Pre-Admission Testing several days to a week before:

- Blood work, EKG, and chest x-ray will be done.
- You will have a history and assessment taken by a nurse, and discuss the procedure with a doctor from Cardiac Catheterization team.
- Inform the Cardiac Catheterization team if you are allergic to shellfish, any medications, iodine, dyes used in other medical tests, or if you have any other allergies.
- Tell the doctor if you are taking the diabetes medication Metformin (Glucophage).
- After the procedure has been explained and your questions have been answered, you will need to sign a consent form giving your permission for the procedure.

DAY OF THE PROCEDURE:

- Generally you should not eat or drink after midnight before the test. However if the test is to be performed later in the day, liquids may be permitted. Ask your nurse for specific instructions.
- Take your usual medications with a sip of water. Check with your doctor regarding diabetes and anti-coagulant medications.
- Report to the Cardiac & Vascular Center at the time at the time instructed. (Enter NYU Medical Center at 550 1st Avenue. Go to



Cardiac Catheterization

the right. Take the “G” elevators to the 13th floor (HCC-13), and enter the Cardiac & Vascular Center.)

- You may be given aspirin and Benadryl before the procedure.
- If you use nitroglycerin tablets, bring a supply with you to the procedure.
- Before your procedure, urinate to empty your bladder and change into a hospital gown.
- Remove all jewelry and metal objects. Give all valuables to your care partner.
- You will receive sedation to help you relax.
- You can wear dentures and your glasses.
- If you waited in HCC-13 before the procedure you will be helped onto a stretcher. Escort personnel will take you to the Catheterization Lab.
- Your care partner will wait in HCC-13 while you are having the procedure.

WHAT HAPPENS DURING THE PROCEDURE?

- You will lie on the x-ray table.
- EKG leads and blood pressure cuff will be attached.
- The nurse will clean the area used for catheter insertion.



Cardiac Catheterization

- After numbing the site, the doctor will insert a catheter and use x-ray guidance to position it.
- Dye will be injected and x-rays taken.
- Pressure readings will also be obtained.
- The catheter is removed and pressure applied to catheter insertion site.
- A bandaid is placed over site.
- You will return to HCC-13 by stretcher.

WHAT WILL YOU FEEL?

- You will feel a stinging sensation when the local anesthetic is injected.
- You may feel a hot sensation or feel flushed when the dye is injected.

WHAT HAPPENS AFTER THE PROCEDURE?

- You will be returned to the Observation Unit in HCC-13.
- You must stay in bed with the limb used for catheter insertion (usually the right leg) straight as instructed by the nurse after the procedure. Do not bend it.
- Your blood pressure, pulse and the area around insertion site will be checked by the nurse.



Cardiac Catheterization

- You can eat immediately after the procedure and unless instructed otherwise should increase your fluid intake to at least 2 cups an hour.
- Your usual medication(s) will be continued.
- Your urinary output will be measured.
- The nursing staff will inform you when you can get up, and will help you the first time you get up.
- The nursing staff will review activity recommendations with you.
- **NOTIFY YOUR NURSE IMMEDIATELY IF BLEEDING, CHEST PAIN OR OTHER UNUSUAL SYMPTOMS OCCUR. THE EMERGENCY NUMBER IS 72000.**

DISCHARGE INFORMATION:

- The doctor from the Cardiac Catheterization Team or your own doctor will see you prior to discharge.
- In addition to giving you specific discharge instructions, the doctor may be able to discuss preliminary results with you. You should contact your personal physician for an appointment to discuss final results.
- If you are discharged the evening of the procedure, you should not use public transportation to go home and you should not drive yourself home.



Cardiac Catheterization

CARE PARTNER INSTRUCTIONS:

Care Partners play an important role and should stay with the person after the catheterization. Your care partner should accompany you home, and, if possible, stay with you overnight. The nurse in the Observation Room will be instructing the care partner in observations they need to make.

GENERAL RESPONSIBILITIES INCLUDE:

- Remind the patient to stay in bed with the limb used for catheter insertion straight after the catheterization, as instructed.
- Encourage the patient to increase fluid intake (2-3 cups every hour for the first four hours) unless instructed otherwise.
- Record the fluid intake and urine output on the form provided.
- Check the insertion site and inform the nurse of any changes such as discoloration or bleeding.
- Check the limb used for catheter insertion for color and temperature. Compare with the other limb. Contact the nurse for any difference in color or temperature.

IF BLEEDING OCCURS AT HOME:

- Have the patient lie down wherever (s)he is.
- Apply continuous pressure above the insertion site for at least 10 minutes.



Cardiac Catheterization

- If you cannot control bleeding, call 911 or your local emergency number for assistance.
- For questions or problems, contact the physician at the Cardiac Catheterization Lab at **212-263-5656**.

SPECIAL INSTRUCTIONS OR QUESTIONS
