

## Cardiac Catheterization

Cardiac catheterization is a procedure done at the hospital that is used to diagnose and treat cardiovascular conditions. During cardiac catheterization, a local anesthetic is used to numb your wrist, arm or groin and a long, thin plastic tube called a catheter is inserted in an artery and/or vein and threaded through your blood vessels to your heart.

Using this catheter, the doctor can inject an iodine based dye in order to take pictures of the coronary arteries that supply your heart with blood. The doctor can also take pictures of the cardiac chambers and can measure the pressure and blood flow inside your heart. Some heart disease treatments, such as coronary angioplasty and stenting, are also done using cardiac catheterization.

Usually you will be awake during cardiac catheterization, but you will be given medications to help you relax. Recovery time for a cardiac catheterization is quick, and there is a low (well below 1%) risk of major complications.

If a significant blockage is found during your procedure you may require a coronary stent. A stent is a tube-shaped device placed in the coronary arteries to prop them open in the treatment of coronary heart disease.

## Cardiac Catheterization Instructions

Please read all of the instructions listed below and on the next page. These instructions will help you prepare for your cardiac catheterization.

1. Do **NOT** eat or drink anything after midnight before your procedure.
2. Do **NOT** take any diabetic medications on the morning of the procedure. If you take insulin at night, take one half your normal dose in the evening prior to the procedure date.
3. You may take all of you cardiac and blood pressure medications the morning of the procedure with a sip of water.
4. You will receive a call from the hospital the day before the procedure around 3pm-5pm to confirm your arrival time. The time given to you by the hospital is the time you should arrive. Please make sure we have your correct contact number listed.
5. You will need to arrange for someone to drive you to and from the hospital. Please do not drive yourself.

6. You will usually go home on the same day as the procedure if no further treatment is required. If a coronary artery stent is placed you will be admitted to the hospital and sent home the following day.
7. Please notify this office if you become ill prior to your procedure date.
8. Please call our office after you are discharged from the hospital to schedule a one week follow up appointment.
9. Please do not hesitate to contact us if you have any questions.