

What is it?

A cardiac cath, also known as an angiogram, is a procedure that examines the heart. It is commonly recommended for patients who have signs or symptoms of heart problems (eg: angina, weakness, dizziness, shortness of breath, and swollen lower limbs). A catheter is inserted into a blood vessel, usually an artery in the groin region, and is guided into the heart. It allows the doctor to take pictures of your vessels, measure the pressures within your heart, and determine how well it is working. It helps the doctor determine whether:

- The vessels supplying the heart are blocked and/or narrowed
- Blood flow through the heart is normal
- The heart is pumping properly

It can also help the doctor rule out other heart problems and allow him to devise a treatment plan. On average the procedure can take between 2 – 4 hours.

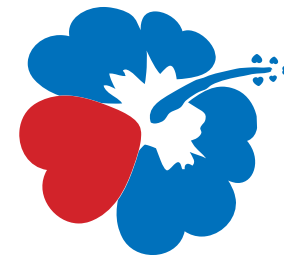
What to do and expect before the procedure:

- Take medication as prescribed by your doctor: This may require that you stop taking certain medications and/or begin taking new ones
- Do not eat or drink the morning of your procedure
- Arrange for someone to drive you to and from the hospital
- Notify the doctor of any allergies, particularly if you have ever had an allergic reaction to X-ray contrast dye, iodine, shellfish, or any medications
- Notify the doctor if you are pregnant or think you may be pregnant

The doctor will meet with you to discuss why and how the cath is performed; he will also outline all of the risks associated with the procedure. In preparation for the cath you will be required to change into a hospital gown and an IV will be started for the administration of medications.

In the Cath lab:

Once you are in the cath lab, you will lie down on the procedure table and be given a mild sedative to help you relax. The catheter insertion site will be numbed and the catheter will be inserted into your blood vessel. Once inserted, the catheter is threaded up to the heart. Here it can measure heart pressures. Specialized catheters will then be placed into the heart and an x-ray dye will be injected into the vessels that supply your heart with blood and/or the chambers within your heart. You may feel a hot sensation through your body as the dye is introduced. X-rays are taken of your heart, allowing pictures to be taken of various structures in your heart (vessels and chambers).



windwardheart
center LLC

After the Procedure:

Once the procedure is finished, the catheters are removed and steps will be taken to stop any bleeding. These may include a special dressing or weights to be placed on the site or may require you to lie on your back for a period of time to ensure that the site is closed. The doctor may also choose to use a vascular closure device to seal the vessel. Any directions given by the doctor must be followed.

While you are recovering in the hospital, your pulse and blood pressure will be closely monitored. Tenderness of the insertion site is normal, however if you experience increasing amounts of tenderness, pain, swelling, or redness, please notify the doctor. On average, you will be able to sit up and walk around after a few hours.

If, in the two weeks following the procedure you notice any of the symptoms listed above and/or fever, angina, difficulty urinating or blood in your urine, coldness or bluish color in your leg please call your doctor.

Results and Follow-up:

Results of the cardiac cath will be reviewed and discussed with you at your follow-up appointment. This should be scheduled within a week of your procedure day.

Risks:

As with any procedure, there are some risks. Complications related to cardiac cath are rare, however may include:

- Bleeding or infection at the catheter insertion site
- Allergic reaction to the x-ray dye
- Arrhythmia or abnormal heart-rate
- Injury to the vessel
- Kidney damage or failure
- Heart attack, stroke, surgery or in some rare instances death

If you have any questions regarding the material in this brochure please contact Windward Heart Center, LLC.

This brochure is not a substitute for professional medical care

Cardiac Catheterization

ph (808) 261 2441

fax (808) 261 2447

www.windwardheart.com