

## Pre-cardiac Catheterization Information

1. Your cardiac cath will be: \_\_\_\_\_

*It's also called heart cath or coronary angiogram.*

2. Please come to **Sacred Heart Hospital** at \_\_\_\_\_.  
Cath will be at \_\_\_\_\_.

3. Check into the **short stay care registration** on the second floor; go in through the **main entrance** (largest canopy in front of the hospital).

4. Do not eat or drink anything after \_\_\_\_\_.

5. Medication instructions before your cath:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. You will not be able to drive for 3 days after your cath.

7. No lifting of more than 10 pounds for one week.

8. If a stent is placed, you will be staying overnight in the hospital.

## About Cardiac Catheterization

1. After you are admitted to the short stay care unit you will have labs drawn and EKG if they have not already been done. Two IV's will be started in your arms.

2. You will be asked to sign consent forms if they have not already been completed.

3. A nurse will shave both the right and left groin areas even if wrist access has been discussed.

4. You will be asked to go to the bathroom before going for the test.

5. You will be taken to the cath lab on a cart. The room is cool, but warm blankets will be used for you.

6. You will lie on a cath table that is narrow and firm. If you have back pain, tell the nurse. This table moves during the test and the x-ray camera will come close to you at times.

7. You may be given medications to help you relax before the cath starts.

8. A local anesthetic will be used to numb the injection site.

9. When the dye is injected during one part of the test, you may feel a "hot flush." This is normal.

10. You may be asked to take a deep breath and hold it while the x-ray is taken.

11. The doctor may ask you to cough during the test; if so, cough right away.



12. Please report any chest pain or discomfort to the nurse right away.
13. When the cath is over firm pressure may be held on the insertion site for about 15 minutes or a vascular closure device may be used to help seal the puncture site into the artery.
14. You will need to be on flat bed rest for 4-8 hours after the test. It is very important to not bend your leg at the hip or knee or wrist while you are on bed rest. This is to prevent bleeding at the site. Pain medication can be given to keep you comfortable.

