



Heart Catheterization

PLEASE LET US KNOW IF YOU ARE ALLERGIC TO ANYTHING: especially iodine, shellfish, x-ray dye, penicillin-type medications, latex or rubber products.

PLEASE ALSO LET US KNOW IF YOU HAVE DIABETES OR TAKE METFORMIN / GLUCOPHAGE. You may need to take pre-medication before the procedure.

HOME PREPARATION:

- ♥ Do **NOT** eat or drink anything except water for 4 hours prior to your appointment.
- ♥ Do **NOT** wear any lotion, perfume, or powder.
- ♥ If you are diabetic or have kidney disease please call The Heart and Wellness Institute for special instructions.
- ♥ If you are taking any medications please bring them with you.

AFTER THE PROCEDURE:

- ♥ Drink plenty of fluids.
- ♥ **NO** lifting of more than 10 lbs for 3 days
- ♥ **NO** lifting of more than 20 lbs for 1 week.
- ♥ If there is any drainage or pain at the site or if you have a fever please call Dr. Manohar. Bruising is common.
- ♥ You may take a shower the day after the procedure. No scrubbing or rubbing the site. Pat dry with towel.

The Heart Catheterization:

Please check in at the hospital 1 ½ hours prior to your procedure.

First, you will be asked to sign a consent form that gives Dr. Manohar and the hospital permission to do the test. Then, you will be given a hospital gown to wear. A nurse will start an IV in your arm so that medications and fluids can be administered throughout the procedure.

When it is time for your procedure the nurse will clean your skin at the site where the catheter will be inserted (either your arm or groin). The catheter site may be shaved. Sterile drapes are used to cover the site to prevent infection. Electrodes (small, flat, sticky pads) will be placed on your chest to monitor your heart rate and rhythm. Dr. Manohar will use a local anesthetic to numb the site. A sheath will be inserted in a blood vessel in your arm or groin. A catheter will be inserted through the sheath and threaded to the arteries of your heart. You may feel a pressure but no pain. Tell Dr. Manohar if you feel pain. When the catheter is in place a small amount of contrast will be injected into your arteries and heart chambers. When the contrast is injected you may feel warm and flushed for several seconds. This is normal and will go away in a few seconds. Let Dr. Manohar know if you feel an allergic reaction (itching, tightness in the throat, shortness of breath), nausea, chest discomfort, or any other symptoms. The X-ray camera will be used to take pictures of the arteries and the heart chambers. You may have an interventional procedure combined with your cardiac catheterization.

After the procedure you need to drink plenty of liquids to clear the contrast material from your body. You will receive the results of your test from Dr. Manohar before you go home. Dr. Manohar will tell you if you are able to return home or if you will need to stay in the hospital.

Yes. You will be given a sedative through an intravenous line (IV) to help you relax through the procedure; therefore you will need a responsible person to drive you home.

If you have any questions or concerns about this procedure and wish to speak to Dr. Manohar please do not hesitate to call The Heart and Wellness Institute at (616) 719-5939.

What is a Heart Catheterization?

Catheterization is a procedure where a long, thin, flexible plastic tube (catheter) is inserted into a blood vessel in your leg or arm and guided to your heart with the aid of a special x-ray machine. Pressure and sometimes oxygen measurements are made. Contrast is then injected into the catheter and images are taken of your valves, coronary arteries, and heart chambers.

Why do I need a Heart Catheterization?

Heart catheterization may be used to evaluate or confirm the presence of coronary heart disease, evaluate heart muscle function, heart and leg pressures, oxygenation, and determine the need for further treatment.

How long will the procedure take?

The heart catheterization procedure only takes approximately 30 minutes (longer if you have had prior bypass surgery), but plan to spend about 5 to 9 hours from the preparation through the recovery time.

Will I need someone to drive me home?