

Preparing For Your Heart Test Procedure
(Cardiac Catheterization - Coronary Angiogram)

The process of preparing for your procedure begins right now!

Please take the time to read and follow the instructions in this checklist:



- Get your blood test done. Please call Jennifer/Claire @416-864-6060 ext. 2906 or ext. 5442 if you have not had your blood test done within six weeks before your procedure. Your scheduled heart test may be delayed if we do not have these results.



- Take out all your medications and pills. Read the labels and names of each pill and follow these instructions:

- KEEP taking these pills:**

If you are taking pills such as Aspirin (ASA), Clopidogrel (Plavix), Ticagrelor (Brilinta) or Prasugrel (Effient), please TAKE these pills as instructed in the morning of your heart test.

If you are taking pills to control your heart rate and blood pressure, please TAKE these pills as instructed in the morning of your test. (Some examples of heart rate and blood pressure pill are Bisoprolol, Metoprolol, Propranolol, Amlodipine, Norvasc, Ramipril).

- IMPORTANT:** Please call your Care and Transitions Facilitator For further instructions if you are taking anticoagulants (blood thinners) such as Coumadin (Warfarin), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis).

- If you are diabetic and are on Metformin, please do not take this pill or any other medication for diabetes on the morning of your heart test procedure.



- Eating and drinking.** Stay hydrated by drinking low sugar, non-caffeinated beverages the day before your test. You can have a fluid breakfast if your arrival time is before noon and a light breakfast if your arrival time is noon or later.



- Transportation.** Please plan to have someone drive you home on the day of your test otherwise your test may be cancelled. You are NOT allowed to drive for 48hrs (2 days) after your procedure.



Checklist for the Day of Your Procedure

Please review the checklist. Make sure you bring all the required items before leaving the house!

- All medications and pills you are currently taking
- Completed "Medications on Admission" Form
- Health care card and insurance information
- Bring your family doctor's contact information

Things to remember:

- You may have a fluid breakfast on the morning of your angiogram if you are scheduled to arrive before noon and a light breakfast if you are scheduled to arrive after noon.
- You should take all your heart and/or blood pressure medication.
- Please do not take any caffeine from midday the day before your procedure (e.g. coffee, tea, chocolate, pop, etc.).
- Do not take any medication for diabetes on the morning of your procedure.

Make arrangements for someone to drive you home after your angiogram. If you live alone, you will need to arrange for someone to stay with you at home overnight.

- Expect delays and kindly allocate the whole day to being at St. Michael's Hospital.

For a video introduction to your angiogram at St. Michael's Hospital, use the following link:

<http://www.stmichaelshospital.com/programs/hcartvascular/services/angioplasty.php>

You may also find information about CorHealth Ontario on their site: <http://ccn.on.ca>.

What to expect on the day of your angiogram?

For patients having a percutaneous coronary intervention

On the day of your heart procedure, please be prepared to spend a full day with our team in the hospital.

Emergency cases may push your test to a later time slot of the day. You may have to wait an extra 1 to 6 hours from your scheduled appointment time for your test.

Registration and check-in:

- 1) Check-in on the 7th Floor Cardinal Carter Wing (North) at St. Michael's Hospital



- 2) After you check in, wait in the patient waiting area for a nurse to call your name.



In the Cardiac Investigation Unit (CIU):

3) The nurse will take you into the CIU area and ask questions about your health history, take your vital signs (heart rate, blood pressure, temperature), review medications you are taking (remember to bring your medications).

4) You will change into a hospital gown.



5) An intravenous (IV) will be placed into an arm vein.



6) The nurse may have to remove the hair from your wrist and groin area for the test.



7) A doctor will talk to you, get your consent for the test, and answer any last minute questions

What can I expect after the heart test?

- A nurse will take you back to the Cardiac Investigation Unit (CIU) after your test.
- The CIU nurse will do a complete assessment and check the groin or wrist area where the sheath (tube) was placed for the test.
- After the nurses finish their assessment, a maximum of 2 visitors may visit you in the CIU.

If the test is done through the groin:



- You must lie flat on your back and keep your leg straight for 4 hours to 6 hours after the doctor takes out the sheath (tube).
- The doctor will put pressure on the groin area for 15 to 20 minutes. A sandbag will be placed on the groin area for about 60 minutes to make sure there is no bleeding.
- You may have something to drink and eat 1 hour after the tube is removed.
- If there are no signs of bleeding from the groin area or other complications, you will be able to get up and walk 4 hours after the tubes are removed.
- Unless the doctor tells you to stay overnight, most patients will go home 1 hour after they start walking (this means 5 to 6 hours after the test).

If the test is done through the wrist:



- The sheath (tube) will be removed in the procedure room. The doctor will put a tight clamp (wristband) around your wrist to stop the bleeding.
- The nurses in the CIU will slowly loosen the clamp (wristband) over 1 hour to 2 hours.
- You can sit up on the stretcher if the test was done through the wrist and not the groin.
- You may have something to drink and eat 1 hour after the test.
- You are not allowed to use or put any pressure on that hand or arm for 24 hours.
- You are allowed to get up and walk half an hour after the clamp (wristband) is off. You may be able to go home 1 to 4 hours after the clamp is off.
- The time you go home depends on your doctor's orders and test results.
- The nurses in the CIU will give you further discharge instructions before you go home.

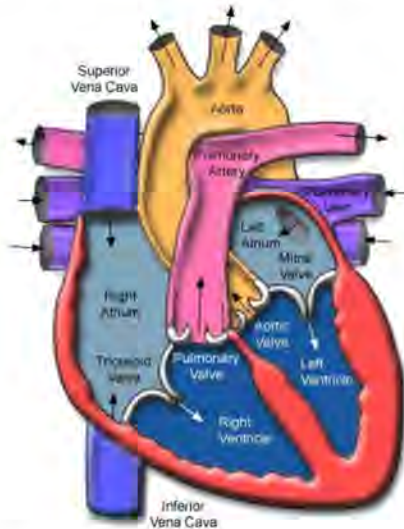


Preparing for the MitraClip Procedure

Your mitral valve:

- The heart has 4 valves that open and close with each heartbeat.
- The mitral valve separates the upper and lower chambers on the left side of the heart.
- Your mitral valve is leaking because it is not closing properly.
- This leak is making it harder for your heart to pump blood properly, and may be causing you to feel short of breath and unwell.

The MitraClip procedure:



- Most people who have a very leaky valve need surgery to repair or replace the valve.
- Your doctors have recommended that you have a "MitraClip" procedure to repair your valve. This procedure uses a small clip to close the part that is not closing properly. This makes the leak smaller.
- You will not have "open heart surgery".
- The clip is placed through the large vein in your groin with the use of "catheters" (hollow flexible tubes that are removed).

The day of your procedure:

- You will come to the Cardiac Investigation Unit (CIU), on the 7th floor of the Cardinal Carter North Wing. You will be given specific directions about how to get there and what time to arrive.
- Do not eat or drink anything after midnight (12:00 a.m.) the night before your procedure.
- Take the medications you usually take in the morning with a small sip of water.
- You will be given special instructions for some of your medications, specifically any diabetes medications, blood thinners, and diuretics (water pills). The nurse will give you instructions about when to stop taking these medications before your procedure.



What should you bring to the hospital?

- Toothbrush and toothpaste; Comb or brush
- Slippers (with non-slip soles)
- Glasses
- Hearing aid(s)
- Your walking aid, such as a cane or walker
- Bring only a few personal items. It is best if your family can keep your clothes.
- Do not bring a lot of cash or valuables. There will not be a place to lock them up.

Recovering and preparing to go home:

Dressing care

Your nurse will change and remove your dressing in your groin as necessary.

Tests

Before you leave the hospital, you will have a chest x-ray and another echocardiogram (the ultrasound test of your heart) to check the clip position. You may also have some more blood tests.

Length of stay

Plan to be discharged from the hospital the day after the procedure.

Getting home

You must make your own arrangements for your trip home. This includes road transport, flights, and accommodation payment. We suggest you arrange to have someone travel with you for the trip home.

Help at home

You may need help when you first go home. It is hard to predict how much help you will need, and for how long. It is best to plan ahead so that you are sure to have the help you need at home. We suggest you arrange to have someone stay with you for the first two days or longer to help you recover. If you are from far outside of the Toronto area, we suggest you stay at least one night close to the hospital before your trip home.

Activity

To help you recover, it's important to balance rest and activity. You will slowly increase your activity every day, and expect to be back to your normal activity within one to two weeks of the procedure.



Follow-up:

- Approximately 6 to 8 weeks after your procedure, you will come back to St. Michael's Hospital for an echocardiogram (the ultrasound test of your heart) and a clinic visit. We will mail you the details of this appointment.

Some words you will hear:

- Catheter: A tube used for gaining access to the inside of the body. In MitraClip therapy, a catheter is inserted at the groin to access the mitral valve of the heart. It is removed at the end of the procedure.
- Echocardiogram: Ultrasound of the heart.
- Mitral Regurgitation: A disorder of the heart in which the mitral valve does not close properly when the heart pumps blood, and blood flows backwards.
- Mitral Valve A valve in the heart that lies between the left atrium and the left ventricle. The valve allows oxygen-rich blood to flow into the left ventricle, and then closes to prevent blood flowing back.

Contact Information:

Telephone: 416-864-5442

Fax: 416-864-5768

Email: StructuralHC@smh.ca