



A GUIDE FOR CARDIOVASCULAR CATH LAB PATIENTS

CARDIOVASCULAR CATH LAB PROCEDURES

Bring this booklet on the day of your procedure.

DALE MICHELS CENTER FOR HEART CARE

430 E. Division Street, Fond du Lac • Cardiology (920) 926-8230 • Vascular Services (920) 926-8540

For additional information, visit agnesian.com/cathlab.

agnesian.com

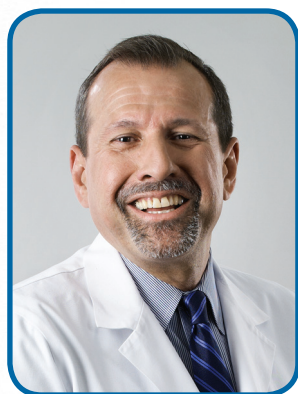
AGNESIAN HEALTHCARE IS SPONSORED BY THE CONGREGATION OF SISTERS OF ST. AGNES

AGNESIAN HEALTHCARE'S DALE MICHELS CENTER FOR HEART CARE

Agnesian HealthCare offers comprehensive heart care services close to home in Fond du Lac. These services, offered through the Dale Michels Center for Heart Care, bring to the region a diverse and complete package of quality cardiac and vascular procedures, including open-heart surgery (coronary artery bypass grafts), coronary angioplasty, stent placements, cardiac catheterizations, peripheral angiograms and other procedures.

For more information, call Cardiology Services at (920) 926-8230 or Vascular Services at (920) 926-8540.

OUR INTERVENTIONAL CARDIOLOGISTS



Juan Diaz, MD, FACC

University of Illinois
College of Medicine



Richard Santa-Cruz, MD, FACC

University of Miami
School of Medicine

OUR VASCULAR SURGEON



Shahriar Alizadegan, MD

Tabriz University of Medical Sciences
Tabriz, Iran

OUR CARDIOTHORACIC SURGEON



R. Eric Lilly, MD

Duke University
School of Medicine

PROCEDURE DETAILS

Your Procedure: _____

Physician: _____

Date: _____ Arrival Time: _____

THE NIGHT BEFORE MY PROCEDURE:

- Do not eat or drink after _____.
- If you take insulin, decrease your nighttime dose by: _____

THE MORNING OF MY PROCEDURE:

- If you take insulin, decrease your morning dose by: _____
- Take all of your morning medications with sips of water **EXCEPT:** _____

- If you take Warfarin (Coumadin), have a contrast dye allergy or have impaired kidney function:

- Shower or bathe the night before or the morning of your procedure.

PLEASE BRING THE FOLLOWING WITH YOU ON THE DAY OF YOUR PROCEDURE:

- **If you use a CPAP at home, bring it with you.**
- You may want to bring a book or electronic device to entertain yourself while you wait for your procedure to start. Your start time may vary due to the length of procedures prior to yours, or if emergencies arise.
- A current list of your medications.
- Bring an overnight bag with home comforts if desired, as you may stay overnight.
- Other instructions: _____

You will receive a call prior to the day of your procedure from either the cath lab or PASS clinic staff to review your instructions.

Contact the Cardiology department at (920) 926-8230 or Vascular Services at (920) 926-8540 with questions.

Please arrive on time to check in at: _____. The main entrance is located off Division Street by the stop and go lights.

PROCEDURE INFORMATION

What do I need to do before my procedure?

- You will need to arrange transportation to the hospital and later that day or the following day depending on your procedure results. We will not know when you will be discharged until the procedure is completed. Plan to spend the night just in case.

When you arrive

- You can expect to spend about two hours in one of our pre-procedural rooms. During this time, we may:
 - Sign consent forms
 - Perform physical assessments
 - Update your medical history and medications
 - Obtain blood work
 - Perform diagnostic tests, such as an EKG
 - Start an IV to administer fluids and medications
 - Prep the skin area of your procedure site
 - Give oral medications in pill form prior to your procedure to prevent a contrast dye reaction and to help you relax
- The physician performing your procedure will speak with you. This is a good time for you to ask questions about your procedure and the recovery process.

During your procedure

- The procedure time will vary depending on what you are having done and the complexity of your condition. Your loved ones will be taken to our waiting area until the procedure is done.

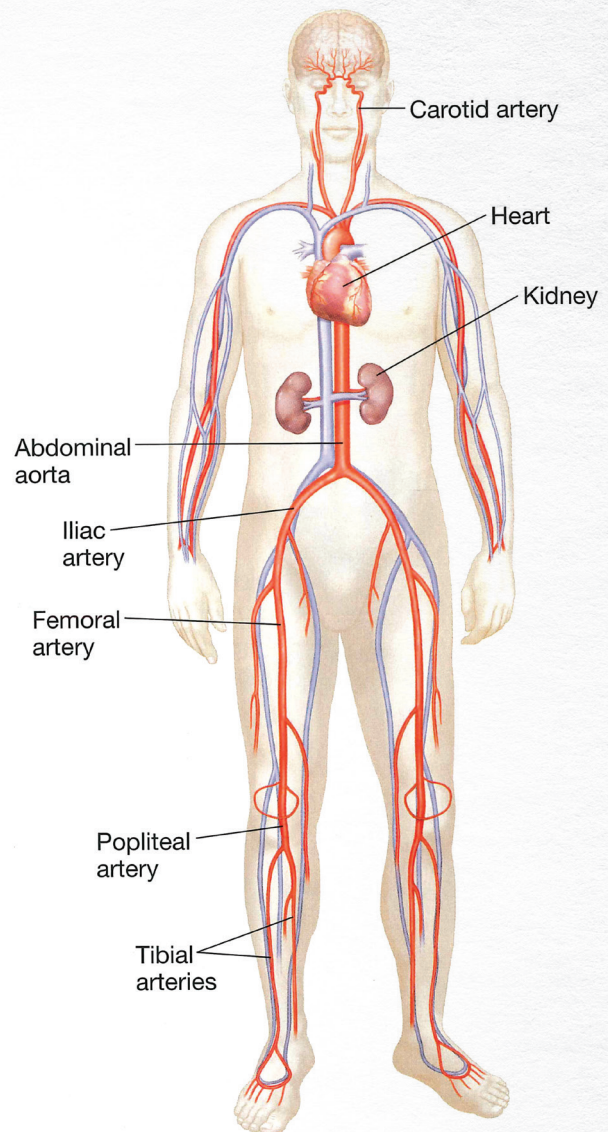
- You will be brought to the Cardiovascular Cath Lab procedure room where you are expected to lay flat on the X-ray table with the support of a pillow for your head. The procedure room tends to be very cool, which is by design, so we will comfort you with a warm blanket. Cardiovascular Cath Lab associates will then proceed to prep you for the procedure by attaching a heart monitor and other pertinent equipment. You will have oxygen placed in your nose and your procedure site will be washed with an antibacterial cleanser.
- The nurse with you in the procedure room will administer conscious sedation through your IV to help you relax and stay comfortable. We will administer sedation while closely monitoring your vital signs for your safety.
- If general anesthesia is required, this will be discussed with you prior to your procedure day.
- If you begin to experience any discomfort, please let the nurse or physician know so that we can make you comfortable.
- A tiny needle will be used to inject local anesthetic into the skin at the procedure sites. You will feel a pinch and a burn from this medication but the area will become numb very quickly.
- As the X-ray images are taken, the table will move and the lights will turn on and off.
- A sterile dressing will be applied to the site once the procedure is complete.

After your procedure

- Immediately after your procedure, it will be important for you to lie still, keep your head on your pillow, and not bend your leg or other procedure site. The length of time you will be on bed rest varies by procedure site and physician preference.
- A nurse will monitor your vital signs, procedure site and pulses frequently.
- The results of the procedure and what interventions were done will determine how long you will need to stay. Some patients will stay for up to eight hours or overnight. You will be given discharge information prior to leaving.
- The physician will speak with you and your family regarding your results.

Risks of the procedure, although very rare:

- Bleeding, bruising, infection or pain at the catheter insertion site
- An allergic reaction to the contrast dye
- Artery damage
- Kidney issues from the contrast dye
- Heart attack or heart arrhythmia, stroke or death are very rare



The Cardiovascular System

FREQUENTLY-ASKED CARDIOVASCULAR CATH LAB PROCEDURE QUESTIONS

Q. Why can't I eat before my procedure?

We do not want you to have anything to eat or drink before your procedure to make sure that your stomach is empty. This helps to decrease the risk of nausea, vomiting and breathing complications.

Q. Why can't I take my Metformin?

Contrast will be given to you in your arteries during the procedure. Your kidneys get rid of the contrast through your urine, which is how Metformin is excreted as well. By not taking your Metformin, it allows your kidneys to completely excrete the contrast minimizing the risk of damaging your kidneys. This is also why it is important to stay hydrated after your procedure, to flush out the contrast dye from your system.

Q. Why do I need an IV started before the procedure?

An IV is started to administer IV fluids and medications, such as conscious sedation, pain medication and blood thinners.

Q. Why do I have to have my procedural site shaved?

Removing hair just prior to the procedure using a clipper reduces the risk of infection.

Q. Why do I have to arrive 1.5 hours prior to my procedure start time?

You have to arrive early to provide adequate time for your blood work results to be reported and to allow your nurse enough time to complete the pre-procedural assessments, history review and procedural preparation tasks.

Q. Why are the cath lab procedural rooms so cold?

The temperature is kept below a certain level to maintain equipment sterility; this was done by design per regulations. Also so our specialized X-ray equipment doesn't overheat.

Q. Who will be present during my procedure?

In addition to your physician, there will be one nurse in the room with you, and either a radiology technician or nurse assisting the physician and another staff member who closely monitors your vital signs and completes documentation.

Q. Can I walk through metal detectors if I have a stent?

Yes. Stents will not set off metal detectors.

Q. Why do I have to take an anti-platelet medication after receiving a stent?

Anti-platelet medication reduces the risk of your stent becoming clogged because the medication works with the stent's special drug coating.

Q: Will I be asleep for the procedure?

Cath lab procedures are performed while you are awake but sedated. A Cardiovascular Cath Lab staff member will start an IV and administer conscious sedation to you once you are in the procedure room. This way of sedation allows you to be comfortable and for your physician to still be able to communicate with you.

Q. Why do I need to be on bed rest?

You will be on bed rest from anywhere between three to eight hours after your procedure. (Unless your procedure is completed using the radial approach). Bed rest gives the artery puncture adequate time to heal to prevent bleeding complications.

RESOURCES

Agnesian Pharmacies

Agnesian Pharmacy Main Street
145 N. Main Street, Fond du Lac
(920) 926-4660

Agnesian Pharmacy Markesan
730 N. Margaret Street, Markesan
(920) 398-3261

Agnesian Pharmacy
North Fond du Lac
723 Park Ridge Lane
North Fond du Lac
(920) 926-8660

Agnesian Pharmacy Plus
420 E. Division Street, Fond du Lac
(920) 926-8585

Agnesian Pharmacy Waupun
904 W. Main Street, Waupun
(920) 324-3010

Agnesian Pharmacy West
912 S. Hickory Street, Fond du Lac
(920) 929-7480

Agnesian Prescription Center
Brownsville
900 Main Street, Brownsville
(920) 583-1310

Agnesian Prescription Center
Health Plaza A
421 Camelot Drive, Fond du Lac
(920) 926-5455

Agnesian Prescription Center
Mayville
360 S. Mountin Drive, Mayville
(920) 387-7570

Anticoagulation Management Services

Ripon Medical Center
845 Parkside Street, Ripon
(920) 745-3320

St. Agnes Hospital
430 E. Division Street, Fond du Lac
(920) 926-4580

Waupun Memorial Hospital
620 W. Brown Street, Waupun
(920) 324-8444

Cardiac Rehabilitation

Ripon Medical Center
845 Parkside Street, Ripon
(920) 745-3655

St. Agnes Hospital
430 E. Division Street, Fond du Lac
(920) 926-5041

Waupun Memorial Hospital
620 W. Brown Street, Waupun
(920) 324-6544

Cardiology Clinic

Fond du Lac Regional Clinic
420 E. Division Street, Fond du Lac
(920) 926-8230

Cardiothoracic Surgery

Fond du Lac Regional Clinic
420 E. Division Street, Fond du Lac
(920) 926-8231

Cardiovascular Cath Lab

St. Agnes Hospital
430 E. Division Street, Fond du Lac
(920) 926-5006

Pacemaker Clinic

Fond du Lac Regional Clinic
420 E. Division Street, Fond du Lac
(920) 926-4781

Vascular Services

Fond du Lac Regional Clinic
420 E. Division Street, Fond du Lac
(920) 926-8540

Nurses' Station

St. Agnes Hospital
4 South: (920) 926-5140
5 West: (920) 926-4230
5 South: (920) 926-5150
6 South: (920) 926-5160
Day Surgery: (920) 926-4900
Intensive Care Unit: (920) 926-4730

Creekside Café (St. Agnes Hospital Cafeteria)

Hours of Operation:
Monday through Sunday
6:30 a.m. to 6:30 p.m.

Weekday Grill Hours:
6:30 a.m. to 10 a.m.
11 a.m. to 1:30 p.m.
4:30 p.m. to 6:30 p.m.

Café Coffee (Proudly serving Starbucks)

St. Agnes Hospital
Hours of Operation:
Monday through Thursday
6:30 a.m. to 5:30 p.m. &
Friday 6:30 a.m. to 3:30 p.m.

Closed on Weekends

