

Cardiac Catheterization at Jupiter Medical Center

Cardiac catheterization is a diagnostic medical procedure used to determine if there are any problems within your heart or if there are any blockages of the arteries that supply your heart with blood.

During this procedure, a thin tube called a catheter is inserted into an artery and guided to the heart. A special X-ray dye (contrast) is injected through the catheter. The X-rays can detect where any problems may be, including:

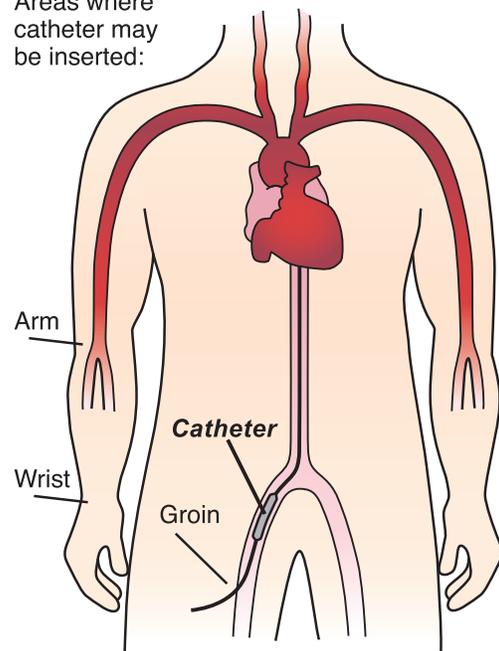
- How well the heart is pumping
- If there are any blockages in the coronary arteries
- If the heart valves are working properly
- If the heart has been damaged by disease

Before The Procedure

Tell your physician about any allergies you have, especially shellfish or iodine, or if you have had a reaction to IV contrast in the past. If you are allergic to iodine, you may be given medication to prevent a reaction. Also, tell your physician if you are pregnant or are taking aspirin or blood thinners. Do not eat or drink anything 6 to 8 hours before the test. The area where the catheter is inserted may be cleaned and shaved. You may be given medication to help you relax.

The procedure is done at Jupiter Medical Center in the Cardiac Cath Lab. The lab contains an X-ray camera and monitors that look like TV screens. These monitors let your physician see live, motion pictures of blood flow through the coronary arteries. These images give cardiologists more information to evaluate and tailor treatment options for each individual patient.

Areas where catheter may be inserted:



During The Procedure

The physician will numb the area on the arm or groin (upper thigh) where a needle is used to make a small hole in the blood vessel. A small tube, called an introducer sheath, will be placed in the artery. A long, thin flexible tube, called a catheter, is passed through the sheath and is guided to your heart.

X-ray dye is injected through the catheter so your physician can get a picture of your coronary arteries and evaluate how well your heart is pumping. As the dye is injected, you may feel warm or light-headed for a few seconds.

Cardiac Cath Lab  at JMC

After The Procedure

When the procedure is over, the catheter and the sheath will be removed. While you recover, nurses monitor your heart, pulse, blood pressure and procedure site. You may be given fluids through an IV.

If your groin (leg) was used as an insertion site, the catheter and sheath may be removed at the same time, or the sheath may be left in place for a while. If the catheter and sheath are removed at the same time, pressure may be applied to seal the small hole at the insertion site. Or, in some cases, it may be sealed with stitches or a plug. A clear, sterile bandage will be applied. After the sheath is removed, you must lie flat with your leg straight for a few hours. Sometimes, the physician prefers for the sheath to be secured in place and removed at a later time. You will remain in the hospital until the sheath is removed.

If your arm or wrist was used as an insertion site, the catheter and sheath may be removed at the same time. A pressure bandage may be placed over the site. Avoid moving your arm and wrist for a short time.

During Your Recovery

Your nurse will let you know when you can get up and move about. You may be asked to drink extra fluids to flush out the dye that was used during the procedure. Your movement may be limited to avoid bleeding from the site where the catheter was inserted.

Tell Your Physician Or Nurse If You Have:

- Chest pain or discomfort in your neck, jaw, arms, or back
- Shortness of breath
- Weakness or dizziness
- Discomfort or bleeding at the insertion site

Your physician will tell you when you can go home. Many people can return to their usual activities in 1 or 2 days. You will be instructed on post-procedure

limitations, such as avoiding certain activities and heavy lifting, for a short time after the procedure.

Your physician may prescribe medication to help your heart and blood vessels. Tell your physician about any prescription and nonprescription medications you take, and take your medications exactly as prescribed.

Test Results

Once you receive your cardiac catheterization test results, you may be advised to make some changes in the way you live to reduce the risk of future heart and blood vessel problems. A nonsurgical treatment may be recommended, or you may be advised to have surgery.

If You Have Coronary Artery Disease

If you have coronary artery disease - meaning one or more of your coronary arteries are affected by plaque or fatty deposits - you should make some lifestyle changes to control your risk factors.

Risk factors are habits or characteristics that increase your chance of developing or increasing coronary artery disease. By reducing the risks you can control, you may prevent a heart attack, stroke or other health problems. Here are some things you can do:

- Stop smoking or using any tobacco products
- Control high blood pressure and cholesterol with diet, exercise and medication, if prescribed
- Exercise regularly (5-6 times a week for at least 30 minutes each time)
- Maintain a healthy weight
- Learn healthy ways to manage stress

For more information about the Cardiac Cath Lab at Jupiter Medical Center, please call (561) 263-3080 or visit jupitermed.com/cardiaccath.

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