

Cardiac Cath Lab  
2<sup>nd</sup> Floor, J Wing  
Toronto East General Hospital  
825 Coxwell Avenue,  
Toronto, Ontario  
M4C 3E7

# Cardiac Catheterization

## **Parking**

Parking is available at different locations around the hospital.

Lots that are open for visitor parking include:

- ♥ Sammon Avenue parking lot
- ♥ Mortimer Avenue parking (beside Emergency)

Rates are posted at the Visitor's Parking entrances.

Any parking questions should be referred to the attendant.

Location: 2<sup>nd</sup> Floor, J wing

Revised February 2009

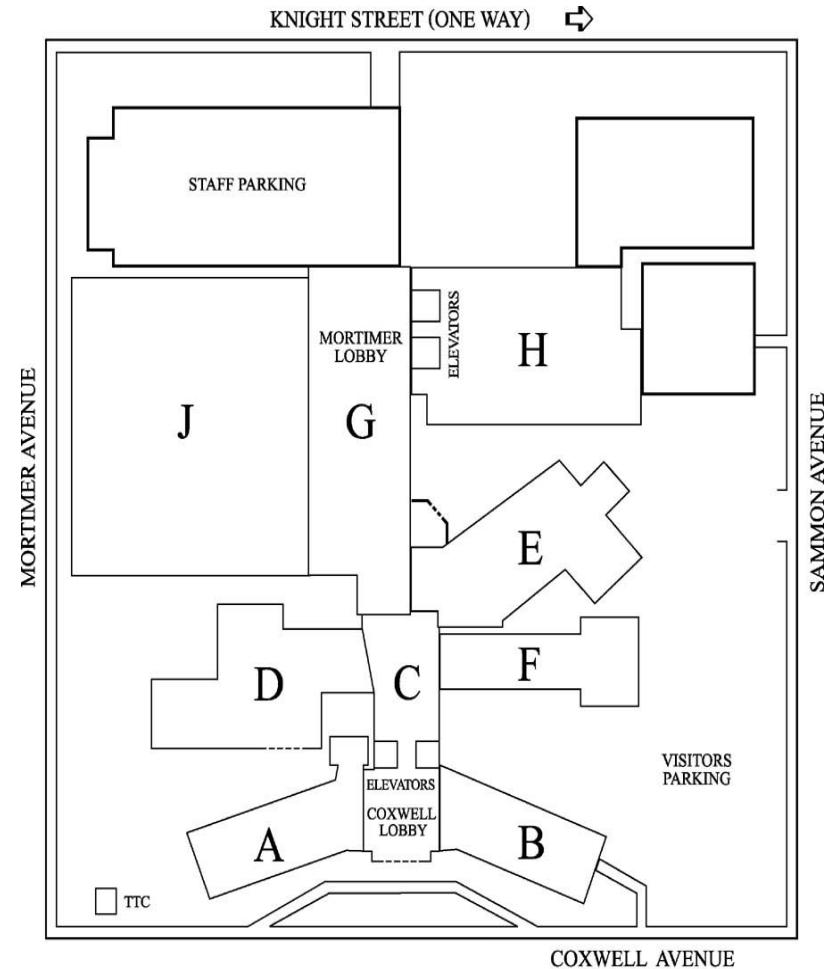
*Why do I need a cardiac catheterization?*

What is a Cardiac Catheterization?

- ♥ It allows the doctor to check for blockages (plaque) or narrowing in the arteries in the heart (coronary arteries)
- ♥ A thin long tube called a catheter is inserted into an artery, and gently guided to the heart
- ♥ A small amount of x-ray dye (or contrast) is injected into the coronary arteries, and x-rays are taken. The doctor may also check the condition of your heart valves.
- ♥ Also called 'coronary angio', 'angiogram' or 'heart cath'

Why is this test necessary?

- ♥ By checking the arteries in the heart, the cardiologist can determine if heart disease is present
- ♥ Some people with heart disease feel chest pain, others feel no symptoms at all
- ♥ If blockages are found in the arteries, medical treatment (medication) may be recommended. If the cardiologist feels angioplasty (balloon) or surgery is helpful, the doctor will recommend it.



Take the Mortimer Lobby Elevators to the 2<sup>nd</sup> floor.  
Follow the signs to the Cardiac Cath Lab.



## ✓ Checklist

- Arrange for a responsible adult to drive you home after your test; and to stay overnight with you. Please do not bring more than 1 or 2 people with you.
- You must bring your health card. Bring your Toronto East General card with you if you have one as well
- Nothing to eat or drink after midnight
- Bring all of your medications with you in their original containers, or a list of current medications
- Take all medications **except** coumadin (warfarin), or pills for diabetes such as metformin, advandia, and glyburide (diabeta)
- Metformin (glucophage) must be stopped 2 days prior to your test, or as advised by your doctor
- Coumadin (warfarin) must be stopped 5 days prior to your test



© Simons Transcath, Inc.  
ART001.COM

- ♥ Avoid any strenuous activities for the next 48 hours, such as heavy lifting, housework/vacuuming, or vigorous exercise
- ♥ If your bandage becomes soiled or wet, you can replace it with a clean dry bandage. You should remove your bandage the following day in the shower. Some bruising of the groin to knee area is normal.
- ♥ If bleeding occurs, lie down and apply pressure to the puncture site with 2 or 3 fingers

### **If any of the following occur, please seek medical treatment immediately, or dial 911:**

- ♥ Excessive or sudden bleeding or severe pain at the incision site
- ♥ Numbness, coolness and/or weakness in your legs or feet
- ♥ Discharge or drainage at the incision site

**Please Note:** There are times when cancellations of tests, such as cardiac catheterizations occur. If this happens we will make every effort to let you know as soon as possible.

## *Going Home...*

After discharge:



- ♥ **You must have someone drive you home after the test.**
- ♥ **Do not** drive a car for 24 hours following the test.
- ♥ Be sure that you have someone stay with you at home the night following your test.
- ♥ Take your medications and eat as you normally would. **Do not** resume taking metformin (glucophage) until 48 hours after the test.
- ♥ **Do not** drink alcohol (including wine and beer) the night following your cardiac catheterization

## *Before your test...*

Before your test:

- ♥ We are located on the 2<sup>nd</sup> floor, J wing. Registration and your test will be performed there.
- ♥ You will have an opportunity to meet with the cardiologist performing your test
- ♥ The nurse will check your blood pressure, start an intravenous, and shave the groin on each side with clippers

Let us know if you:

- ♥ Have allergies to any medications, x-ray dyes, or food (especially **seafood or shellfish**)
- ♥ Cannot lie flat or be on your back for extended periods of time
- ♥ Have a history of excessive bleeding
- ♥ Have been treated recently for an infection in any part of your body
- ♥ Are pregnant
- ♥ Are diabetic
- ♥ Have kidney disease

*Your test---the  
cardiac  
catheterization*

Your test:

- ♥ You will be asked to lie flat on an x-ray table for 30 to 60 minutes. You will be awake during your test. If you feel anxious, let your nurse know.



- ♥ To reduce the risk of infection, your Cardiologist and nurse will wear masks, gloves, and sterile gowns
- ♥ The shaved area will be washed with a pink antiseptic, and the doctor will inject freezing into one side of your groin area—much like you receive from the dentist.
- ♥ This allows the doctor to insert a small tube, which will guide the catheters into your heart

- ♥ Your blood pressure and heart will be monitored throughout the test.
- ♥ As dye is injected, a camera moves around you to take a series of x-rays from various angles.
- ♥ Some may feel a warm sensation, which is normal, and passes very quickly. If you feel anything unusual, let your doctor or nurse know during the test, and we will be happy to answer any of your questions.
- ♥ When the test is complete, the doctor removes the tube in the groin, and firm pressure is applied for approximately 30 minutes. This is followed by a dressing and a small weight applied to the groin.
- ♥ Your Cardiologist will come to see you in the recovery area to discuss the results of your test.
- ♥ You will be asked to rest quietly without bending your leg for 3 hours, to avoid bleeding. You are required to remain in bed, so you will have to use a bedpan or urinal if you need to go to the bathroom.