



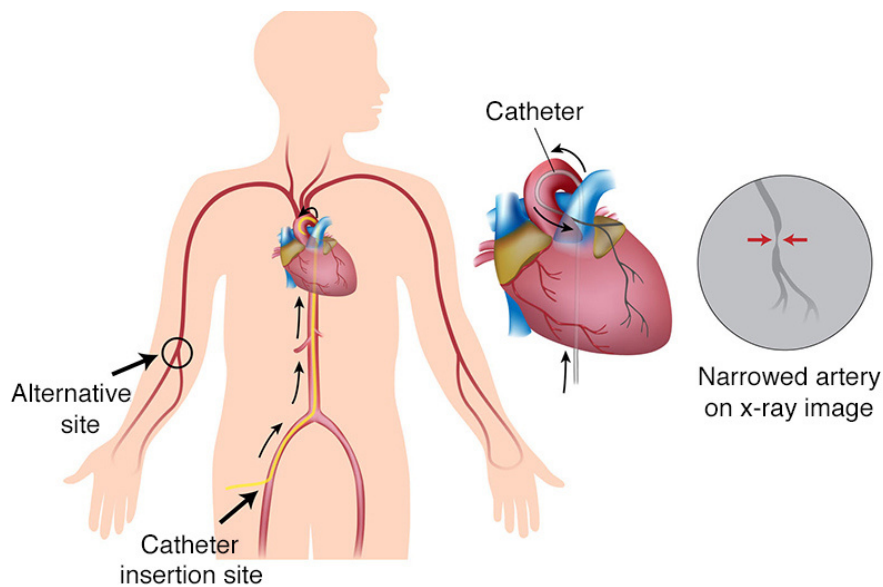
HEARTFUL CARDIOLOGY

Cardiac Catheterization

What is a Cardiac Catheterization? Cardiac catheterization is a common medical procedure used to diagnose and treat coronary heart disease (CAD), the leading cause of death in the US today. There are 2 common methods used for this procedure.

Transradial cath: uses the radial artery in the wrist to gain access to the heart.

Groin: The most widely used procedure, where doctors go through the patient's femoral artery in the groin.



Patient Instructions:

1. No food or drinks after midnight-water only
2. Diabetics hold your insulin/meds the morning of the procedure. If you take insulin, take only half dose the night before the procedure
3. Blood thinners (**only** ones listed below) (If you are on Plavix or Brillinta, DO NOT hold)
 - a. Warfarin/Coumadin- hold 2 days before procedure
 - b. Pradaxa- hold 3 days before procedure
 - c. Eliquis- hold 2 days before procedure
 - d. Xarelto- hold 2 days before procedure

What to Expect Post Procedure:

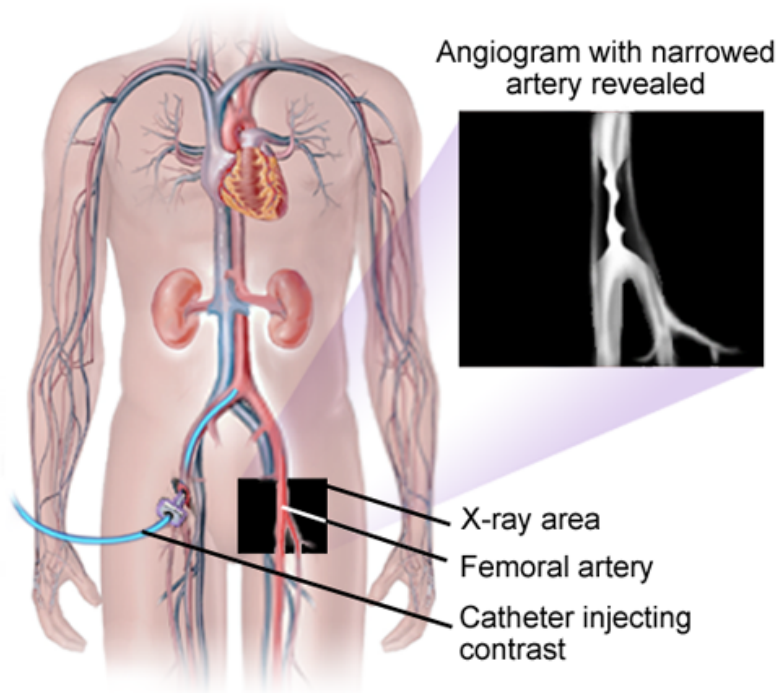
***How long after Cath do I have to stay in the hospital?** If no stent was placed, you can leave within several hours. You will need someone to drive you home. If a stent is placed, you will go home the next day.

***How much pain will I be in?** You may experience slight pain or discomfort for a couple days after the procedure near the puncture site. You may take Tylenol to help relieve pain.

***Restrictions?** For 3-4 days after procedure-Resting only for 3-4 days post procedure- No heavy lifting over 5 lbs.- No prolonged walking- No exercising.

Peripheral Angiogram

What is a Peripheral Angiogram? A Peripheral Angiogram is a test that uses X-rays to help your doctor find narrowed or blocked areas in one or more of the arteries that supply blood to your legs. A catheter is guided into your arteries and a dye, visible by X-rays, is injected into the blood stream. Areas of narrowing or blockage of the arteries can be seen on a video screen. For those with kidney issues, the smallest amount of contrast is used as not to damage the kidneys.



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