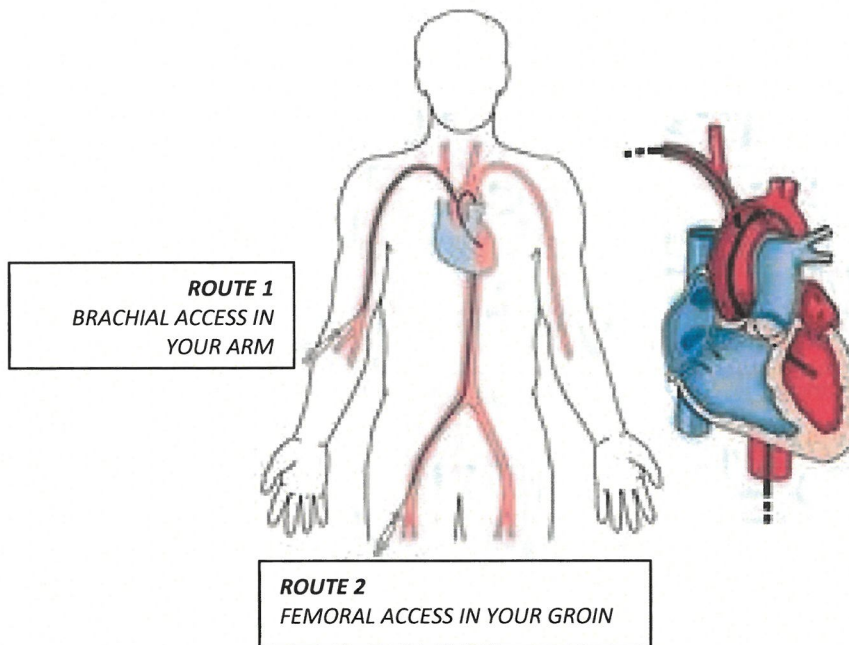


# PATIENT INFORMATION

## FOR

# Right Heart Catheterisation



**Right Heart Catheterization** is a study of the pressures and flow within the right side of the heart. This test can be valuable in the assessment of cardiac valvular disease, especially for surgery, It is also used to assess other symptoms such as breathlessness. The test involves the insertion of a long thin catheter into a vein in your arm (known as brachial access) under local anaesthetic.

The femoral vein in the groin is another option if required. The catheter is moved up the inside of the vein until it reaches the heart. When the catheter is in place, the pressures within the heart can be measured. This procedure is often performed at the same time as a Coronary Angiogram. The procedure may take about 10-15 minutes.

# PATIENT PREPARATION

**Date of Procedure:** ..... **Doctor:** .....

**AT LEAST 5 DAYS BEFORE THE PROCEDURE:**

Please complete sections B and C from the Western Hospital Preadmission Information booklet as soon as possible. You can drop it off at Reception, email a scanned copy or complete the form electronically via our website.

Website: [www.westernhospital.com.au/patient-admission-forms](http://www.westernhospital.com.au/patient-admission-forms)

email: [reception@westernhospital.com.au](mailto:reception@westernhospital.com.au)

**A FEW DAYS PRIOR:**

TO DO	I have done the following:
If provided with a blood test form by your Specialist before your procedure, please have the blood test done – either onsite at Clinpath Pathology or another pathology group.	Where: .....
Drink plenty. At least 1L of water in previous 12 hours	
Medication changes – have you been informed not to take certain medications?	

**ON THE DAY:**

**Please present to Reception at: ..... (1 HOUR PRIOR TO YOUR BOOKED PROCEDURE)**

**FASTING:**

**DO NOT FULLY FAST UNLESS REQUESTED BY YOUR CARDIOLOGIST**

Arrival request time ____ am	Done	Arrival request time ____ pm	Done
You may have a light morning breakfast (Toast and tea / coffee) fasting from midnight is not necessary. Then you may have clear fluids (like water or black tea or black coffee) as well as morning medication at any time until your procedure.		You may have your usual breakfast and an early non-fatty(non-heavy) lunch around 11am. Then you may have clear fluids (like water or black tea or black coffee) as well as usual medicines until your procedure.	
Please ensure that you have had at least 1 litre of water to drink the day before your procedure.		Please ensure that you have had at least ½ a litre of water to drink on the morning of your procedure.	



## **MEDICATIONS:**

Continue to take all your usual medications as prescribed **unless** told otherwise by your Specialist. Bring all medications/tablets (including any over the counter medications) in their original packaging or Webster pack with you.

## **VISITORS:**

Under current restrictions to manage Covid 19 risks, all visitors are subject to hospital policy, which is may change without notice. As a general rule day procedure patients are not permitted to have family/support persons with them due to social distancing and space requirements. Please discuss any restrictions or if you have special needs with the Preadmission Nurse or with nursing staff on the day of admission.

## **ON ARRIVAL:**

Please present at Reception. You will then be taken to the admitting ward, where nursing staff will prepare you for the procedure. This will include inserting an IV drip in your arm, Blood Pressure and Pulse, ECG and reviewing your patient questionnaires. They may ask you other questions about your health and your overnight support. Your Specialist will come and explain the procedure and potential complications and ask you to sign the consent form for the procedure (if not already completed at the Specialist Clinic). You will be asked when you last ate and what medications you have taken. You may have another blood test and if necessary, it will be taken when inserting the IV drip. This test assesses your kidney health.

## **LENGTH OF STAY:**

Sometimes you may encounter a wait due to the length of the prior procedures. If you need an overnight bed after the procedure, there may be a wait for this. You will be cared for by expert nursing staff in the Recovery Unit until the bed is made available in the ward.

Your arrival time does not mean that this will be your procedure time.

Please be patient with us and we will get your procedure done as soon as we can.

The right heart study will take approximately 45-60 minutes and you will be discharged approximately 2 - 4 hours after this. However, this depends on the procedure time, the findings of the study.

If you are a day patient, it is important that you have a responsible adult to stay with you for the remainder of the day of your procedure and overnight. **If you do not have a responsible adult to stay with you overnight, please inform staff at the time of your booking. Your procedure may need to be rescheduled until you can arrange someone to stay with you overnight**

If your Doctor says you need to stay overnight due to your clinical condition, we aim for discharge between 9 – 10 am next day.

When you are discharged, your Specialist will forward the result of the procedure to your referring GP. Discharge appointments with your Specialist will be made, if required. You will be given a discharge information sheet about your care and precautions you must take once you are home. You will be informed when to restart the medications that had been stopped prior to the procedure, as per your Specialist's instructions.

## **DRIVING INSTRUCTIONS:**

You will not be able to drive for the following 24 hours or longer after your procedure. This time will be determined by the findings, what procedure you have had and the medication you have had on the day. Please arrange for a responsible adult to pick you up and take you home.



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Should you have any further questions please call the following people:

Booking questions / procedure date / cancellations	Contact your Specialist's Rooms
Procedure / Medication questions	Contact Western Hospital 81591200 and ask to speak to the Cardiovascular Nursing staff

You will be given an information booklet on the day of your admission to help you manage your condition when you go home.

**For more information contact:**

**Western Hospital  
168 Cudmore Terrace  
Henley Beach SA 5022  
Telephone: (08) 8159 1200  
[www.westernhospital.com.au](http://www.westernhospital.com.au)**

If you have any questions you would like to ask the nurses when you come in to hospital, please jot them down here to remind you.



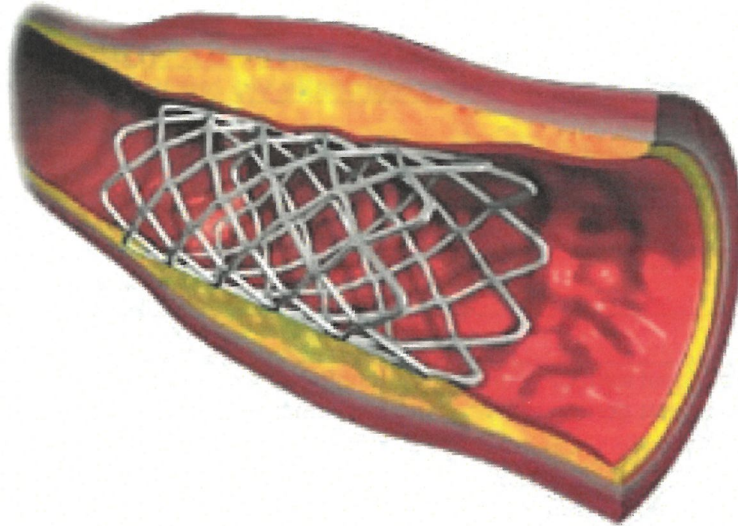
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# Coronary Angioplasty (Balloon and Stent)



Coronary Angioplasty is a surgical procedure where a small balloon tipped catheter is inserted and inflated to open a coronary artery at the point of the narrowing or blockage. The balloon catheter is deflated and then removed, after which blood flow in the coronary artery is improved. The procedure may or may not include the insertion of a 'stent'.

A **stent** is a small tubular shaped stainless steel wire cage, which is inserted into the artery to hold it open and allow blood flow.

There are some types of stents which disperse medication while in place to assist in dilating the artery. The stent remains permanently in the artery therefore preventing the blockage or narrowing from reoccurring.



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# PATIENT PREPARATION

Date of Procedure: ..... Doctor: .....

## AT LEAST 5 DAYS BEFORE THE PROCEDURE:

Please complete sections B and C from the Western Hospital Preadmission Information booklet as soon as possible. You can drop it off at Reception, email a scanned copy or complete the form electronically via our website.

Website: [www.westernhospital.com.au/patient-admission-forms](http://www.westernhospital.com.au/patient-admission-forms)

email: [reception@westernhospital.com.au](mailto:reception@westernhospital.com.au)

## A FEW DAYS PRIOR:

TO DO	I have done the following:
If provided with a blood test form by your Specialist before your procedure, please have the blood test done – either onsite at Clinpath Pathology or another pathology group.	Where: .....
Drink plenty. At least 1L of water in previous 12 hours	
Medication changes – have you been informed not to take certain medications?	

## ON THE DAY:

Please present to Reception at: ..... (1 HOUR PRIOR TO YOUR BOOKED PROCEDURE)

## FASTING:

**DO NOT FULLY FAST UNLESS REQUESTED BY YOUR CARDIOLOGIST**

Arrival request time ____am	Done	Arrival request time ____pm	Done
You may have a light morning breakfast (Toast and tea / coffee) fasting from midnight is not necessary. Then you may have clear fluids (like water or black tea or black coffee) as well as morning medication at any time until your procedure.		You may have your usual breakfast and an early non-fatty(non-heavy) lunch around 11am. Then you may have clear fluids (like water or black tea or black coffee) as well as usual medicines until your procedure.	
Please ensure that you have had at least 1 litre of water to drink the day before your procedure.		Please ensure that you have had at least ½ a litre of water to drink on the morning of your procedure.	



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## **MEDICATIONS:**

Continue to take all your usual medications as prescribed **unless** told otherwise by your Specialist. Bring all medications/tablets (including any over the counter medications) in their original packaging or Webster pack with you.

## **VISITORS:**

Under current restrictions to manage Covid 19 risks, all visitors are subject to hospital policy, which is subject to change without notice. As a general rule day procedure patients are not permitted to have family/support persons with them due to social distancing and space requirements. Please discuss any restrictions or if you have special needs with the Preadmission Nurse or with nursing staff on the day of admission.

## **ON ARRIVAL:**

Please present to Reception. You will then be taken to the admitting ward, where nursing staff will prepare you for the procedure. This will include inserting an IV drip in your arm, Blood Pressure and Pulse, ECG and reviewing your patient questionnaires. They may ask you other questions about your health and your overnight support. Your Specialist will come and explain the procedure and potential complications and ask you to sign the consent form for the procedure (if not already completed at the Specialist Clinic). You will be asked when you last ate and what medications you have taken. You may have another blood test and if necessary, it will be taken when inserting the IV drip. This test assesses your kidney health.

## **LENGTH OF STAY:**

Sometimes you may encounter a wait due to the length of the prior procedures. If you need an overnight bed after the procedure, there may be a wait for this. You will be cared for by expert nursing staff in the Recovery Unit until the bed is made available in the ward.

Your arrival time does not mean that this will be your procedure time.

Please be patient with us and we will get your procedure done as soon as we can.

The coronary angiogram will take approximately 45-60 minutes and you will be discharged approximately 4 hours after this. However, this depends on the procedure time, the findings of the angiogram, and whether you need insertion of stents.

## **STENT INSERTION:**

If you have a stent inserted during the procedure, you may go home on the same day in selected low risk cases after 4-5 hours. Sometimes you will be required to stay overnight. You will be informed of whether you need to stay overnight, if this is what is considered safe for you. If you go home on the same day after a stent, a cardiac nurse from the hospital will call you the next day to see how you are going.

When you are discharged, your Specialist will forward the result of the procedure to your referring GP. Discharge appointments with your Specialist will be made, if required. You will be given a discharge information sheet about your care and precautions you must take once you are home. You will be informed when to restart the medications that had been stopped prior to the procedure, as per your Specialist's instructions.

If you are a day patient, it is important that you have a responsible adult to stay with you for the remainder of the day of your procedure and overnight. **If you do not have a responsible adult to stay with you overnight, please inform staff at the time of your booking. Your procedure may need to be rescheduled until you can arrange someone to stay with you overnight**

If your Doctor says you need to stay overnight due to your clinical condition, we aim for discharge between 9 – 10 am next day



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**DRIVING INSTRUCTIONS:**

**You will not be able to drive for the following period after your procedure:**

Private Vehicle Drivers	Commercial Vehicle Drivers
Stent Insertion – 2 days	Stent Insertion – 4 weeks

<https://austroads.com.au/publications/assessing-fitness-to-drive/ap-g56/cardiovascular-conditions/general-assessment-and-managemenogtuxmnt/non-driving-periods>

**Please arrange for a responsible adult to pick you up and take you home.**

If you have any questions or concerns please discuss this with your Cardiologist.

Should you have any further questions please call the following people:

Booking questions / procedure date / cancellations	Contact your Specialist's Rooms
Procedure / Medication questions	Contact Western Hospital 81591200 and ask to speak to the Cardiovascular Nursing staff

**For more information contact:**

**Western Hospital  
168 Cudmore Terrace  
Henley Beach SA 5022  
Telephone: (08) 8159 1200  
www.westernhospital.com.au**

If you have any questions you would like to ask the nurses when you come in to hospital, please jot them down here to remind you.

The information contained within this advice and is for general

publication does not constitute medical



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