

WHAT TO EXPECT DURING CARDIAC CATHETERIZATION

Over 1 Million Heart Catheterizations Are Performed Annually in the U.S.

5 % of Blood Supplies the Heart, 15-20 % Goes to the Brain and Central Nervous System and 22 % Goes to the Kidneys

Cardiac (or heart) catheterization is an outpatient procedure that is performed to identify problems with the heart and allow for procedures to open blocked arteries. It is a very common, minimally invasive surgery with minimal risk. Please read the following summary discussing the most common reasons for heart catheterizations, how the procedure is done and what to expect during and after surgery.

01 | Who Needs Cardiac Catheterization?

Chest pain is the most common reason a medical provider will recommend cardiac catheterization (CC). Chest pain may be a symptom of coronary heart disease and CC can show blockage of the coronary arteries. Doctors can also treat blockage while performing catheterization by means of angioplasty. CC is usually performed after a patient has suffered a heart attack, to open the arteries and prevent further damage to the heart. Other reasons to perform a heart catheterization include:

- Suspected heart defect
- Preparation for heart surgery
- Examination of the heart valves
- Measure blood flow and oxygen levels of the heart
- Biopsy of heart tissue

02 | What to Expect During Surgery

The procedure is performed in a hospital setting with the patient awake and alert, able to follow the doctor's directions. Local anesthesia will be applied to the area of the body where the catheter will be inserted (typically the arm, groin or neck). A sheath with a flexible guide wire is inserted into the blood vessel, and the catheter is slid through the sheath and over the guide wire into the coronary arteries.

Special imaging is captured during the procedure to allow for precise movements. After completing all necessary procedures, the physician will remove the catheter, sheath and guide wire.

03 | What to Expect After Surgery

After surgery, patients are monitored in the recovery room while the anesthesia wears off, which usually takes about an hour. To allow the artery to heal, patients are required to lay flat for several hours to prevent bleeding. In most cases, patients are allowed to leave the hospital on the day of surgery.

For additional information on cardiac catheterization, please visit the American Heart Association:

http://www.heart.org/HEARTORG/Conditions/HeartAttack/SymptomsDiagnosisofHeartAttack/Cardiac-Catheterization_UCM_451486_Article.jsp#.WQd6gnq05yU

*Did You Know?
The first human heart cath
was performed in 1929*

References

<http://www.mayoclinic.org/tests-procedures/cardiac-catheterization/home/ovc-20202754>

<https://www.nhlbi.nih.gov/health/health-topics/topics/cath>

<https://medlineplus.gov/ency/article/003419.htm>