

Patient
Education

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CARDIAC CATHETERIZATION
AND ELECTROPHYSIOLOGY



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WELCOME TO ABINGTON - JEFFERSON HEALTH'S CARDIOVASCULAR CENTER

Hours of Operation – 6:30 AM to 7:30 PM, Monday through Friday. Staff is available for emergencies 24 hours every day. For inquiries after hours please leave a message at 215-481-2568. We are located on the 5th floor of the Toll building. Upon arrival, please sign in at the receptionist's desk in the waiting room.

In preparation for your procedure, you will receive a phone call the day before your procedure with your arrival time. Arrival times are scheduled one hour before the actual procedure. During this time, a brief history and physical will be done, IVs will be inserted, and the procedural site(s) will be prepped. Your visitors will be invited to sit with you after completion. Space is limited, so we ask you to limit visitors to two to three at a time. Visitors should understand that the temperature is maintained at a certain level and to dress warmly.

Your procedure requires that you have nothing to eat or drink after midnight. The office and our staff will instruct you on any special medication administration. Please fill out the outpatient medication reconciliation worksheet prior to your arrival and alert the staff to any allergies you may have.

Your time is important to us. Our procedures are scheduled as "to follow". Procedure times are approximated; there may be instances when the procedure prior to yours takes longer than anticipated. Unfortunately, emergency procedures do occur from time to time which may cause a delay in your procedure. We thank you for your patience in advance. We will keep you and your family informed. Please, let us know if there is anything we can do to better accommodate you during your stay with us.

A heart healthy meal will be provided for our patients. If you have any special dietary needs, let us know. Family is invited to visit our cafeteria (Pavilion Grill) located on the ground floor of the Lenfest Pavilion or the coffee cart located on the ground floor of the Widener building.

Recovery time after your procedure may involve bed rest for several hours. TVs are available, and you are welcome to bring books, kindles, ipads, etc.

Please be advised, if your procedure involves the administration of anesthesia or use of other sedatives, driving is restricted for 24 hours. If your procedure involves the access of an artery in the groin or arm driving is restricted for 2-3 days after your procedure, please make arrangement for transport to and from the hospital. If you have special discharge arrangements such as ambulance transportation, please provide that information upon arrival to the lab.

Feel free to ask us any questions you may have.

Thank you for choosing Abington – Jefferson Health!

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HEART DISEASE PREVENTION

Heart disease can lead to heart attacks and strokes. This is a leading cause of death. Heart disease can be inherited and can be caused from the lifestyle you lead. You can do a lot to keep your heart and blood vessels healthy.

- Be physically active- ask your healthcare provider what activities are best for you.
- Maintain a healthy weight- See following page for diet guidelines.
- Keep your cholesterol levels under control- Cholesterol is a substance that is used for many important functions. When your levels are high, cholesterol can stick to the walls of your blood vessels, making them narrow or clog. This can lead to chest pain (angina) and a heart attack. Keep your cholesterol levels under control as recommended by your health care provider.
- Control your blood pressure.
- Do not use tobacco products – Continue reading for smoking cessation information.
- Take your medicines as directed.



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CARDIAC DIET GUIDELINES

Many factors can influence your heart health, including eating and exercise habits. Cardiac meal planning includes limiting unhealthy fats, increasing healthy fats, and making other small dietary changes.

Food to avoid or limit:

- Saturated or trans fats
- Processed and high-fat meats
- Sodium
- Sweets and drinks with added sugar

Increase your intake of the following foods:

- Fruit
- Vegetables
- Whole grains
- Nuts, seeds and legumes
- Dietary fiber
- Omega – 3 fats

Preparing your food:

- Broil, bake, steam or roast foods. Avoid fried foods or foods cooked in butter. Substitute with non-stick cooking sprays.
- Remove skin and fat from meats.
- Remove fat from stews, soups and gravy.
- Use lemon or herbs to flavor food instead of butter or margarine.
- Use nonfat yogurt, salsa or low-fat dressings for salads.

Talk to your healthcare provider before starting or changing any dietary plan.

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HEART DISEASE PREVENTION

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SMOKING CESSATION

Quitting smoking is important to your health and has many advantages. However, it is not always easy to quit since nicotine is a very addictive drug. Quitting takes hard work and a lot of effort but you can do it!

Advantages

- You will live longer, feel better, and live better!
- The risk of having a heart attack, stroke, cancer, or lung disease is greatly reduced.
- The people you live with will be healthier
- You will have extra money to spend on things other than cigarettes.

Getting Started

- Set a quit date!
- Get rid of all cigarettes, ash trays and matches in your home, car and work.
- Do not let people smoke in your home.
- Get support and encouragement
- Learn new skills and behaviors.
- Reduce stress
- Ask your health care provider about medications that can help you quit.

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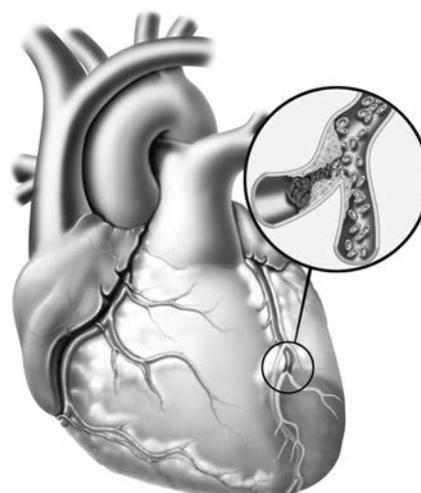
ANGINA

Angina pectoris is extreme discomfort in your chest, neck or arm. It is caused by lack of oxygen to your heart wall. It may feel like a tightness or heavy pressure. It may feel like a crushing or squeezing pain. Some people say it feels like gas. It may radiate to your jaw, shoulders, back and arms. Some people have symptoms other than pain: tiredness, shortness of breath, cold sweats, and nausea. If symptoms last more than a few minutes or reoccurs often seek medical attention.

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MYOCARDIAL INFARCTION

A myocardial infarction (MI) is also called a heart attack. It causes damage to the heart muscle. An MI often happens when a blood clot or other blockage stops flow of blood and oxygen to the heart. Call 911 if you have severe chest pain, shortness of breath during rest, sleep or activity, sudden onset of sweaty or clammy skin, nausea or vomiting, dizziness or palpitations. Treatment may include angioplasty and stent placement.



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CORONARY AND PERIPHERAL ANGIOGRAM

An angiogram is a procedure used to look at the blood vessels that carry blood to different parts of the body. Dye is injected through a catheter and into the artery being examined. X-ray will show if there is a blockage or problem in the vessel. Your doctor may order a cardiac or peripheral angiogram if you have been experiencing chest pain, leg pain, shortness of breath or fatigue.

Procedure

- This procedure requires that you have nothing to eat or drink after midnight. You may be given an intravenous medication to help you relax (sedative) before and during the procedure. Vital signs will be constantly monitored to ensure safety.
- The area where the catheter will be inserted will be prepped by shaving and cleaning the area. Sites of insertion may include groin or wrist to be determined by the physician performing the procedure.
- Local anesthetic will be administered to the site where the catheter will be inserted to numb the area.
- If the physician determines that a blockage is significant enough an angioplasty and/or stent may be performed. Angioplasty is the act of inflating a small balloon within a vessel, opening it by pressing cholesterol and plaque to the side of the arterial wall. A stent is a metal, wire, mesh tube used to prop open an artery during angioplasty. Stents come in different sizes and lengths. The stent is a permanent structure,

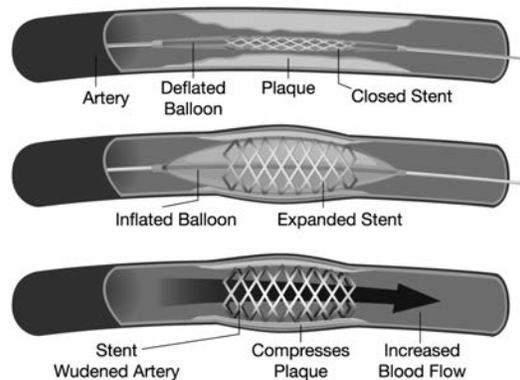
within a few weeks the artery lining will grow over the metal surface of the stent.

- During your procedure you may be administered blood thinning medications to improve blood flow.

After the Procedure

- If the procedure was done through the groin, bed rest is required for two to six hours. If the procedure is done through the wrist, a pressure bracelet will be required for two to four hours to prevent bleeding.
- Vital signs, insertion site and circulation will be monitored frequently.
- Some medications that may be prescribed to you upon discharge include anti-platelet medication, anti-hypertensives and cholesterol-lowering medications.

BALLOON ANGIOPLASTY AND STENTS



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RIGHT HEART CATHETERIZATION

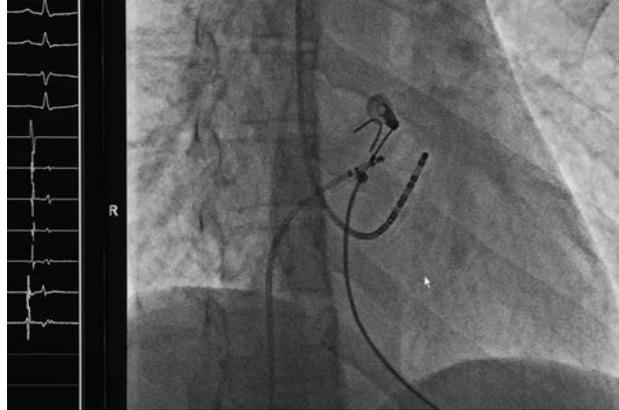
A right-heart catheterization is performed to determine how well your heart is pumping, and to measure the pressures in your heart and lungs. It may also be used to evaluate heart valves and pulmonary hypertension.

Procedure

- This procedure requires that you have nothing to eat or drink after midnight. You may be given an intravenous medication to help you relax (sedative) before and during the procedure. Vital signs will be constantly monitored to ensure safety.
- The area where the catheter will be inserted will be prepped by shaving and cleaning the area. Sites of insertion may include groin or neck to be determined by the physician performing the procedure.
- Local anesthetic will be administered to the site where the catheter will be inserted to numb the area.
- Related procedures may include CardioMems and aquapheresis catheter placement to help manage fluid overload.

After the Procedure

- If the procedure was done through the groin, bed rest is required for three hours. If the procedure is done through the neck bed rest will be required for one hour to prevent bleeding.
- Vital signs, insertion site and circulation will be monitored frequently.



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CARDIAC ABLATION

The heart has many electrical connections. Sometimes these connections are abnormal and can cause the heart to beat very fast or irregularly. By disabling some of these problem areas, heart rhythm can be improved or made normal by utilizing radiofrequency (heat) or cryo-therapy (cooling) to correct electrical imbalances. Heart rhythms requiring ablation include atrial fibrillation (afib), atrial flutter, supraventricular tachycardia (SVT).

Procedure

- This procedure requires that you have nothing to eat or drink after midnight. Anesthesia will be utilized for patient comfort. Some ablations require a Trans-esophageal Echocardiogram (TEE) to determine if clot is present before ablation procedure can be performed. This is an important step to prevent stroke.
- The areas where the catheter will be inserted will be prepped by shaving and cleaning the area. Both right and left groin areas will be used.
- In addition to anesthesia, local anesthetic will be used to numb the areas of insertion.

- Specialized catheters are inserted to monitor electrical activity and target problem areas. When the problem area is identified, electrical currents are administered to scar heart tissue preventing further arrhythmia conduction.

After the Procedure

- Six to eight hours of bed rest and an overnight hospital stay are required after the procedure.
- Some medications that may be prescribed to you upon discharge include anti-arrhythmics, beta-blockers and anticoagulants.

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PACEMAKER IMPLANTATION

A pacemaker is a battery-powered device implanted in the upper chest for slow heart rhythms. Leads are then placed into one or many chambers of the heart to create a regular electrical rhythm. Pacemakers make a weak heart more efficient. A bi-ventricular pacemaker has leads that are placed in the two lower chambers of the right and left sides of the heart. It is used to treat the signs and symptoms of heart failure.

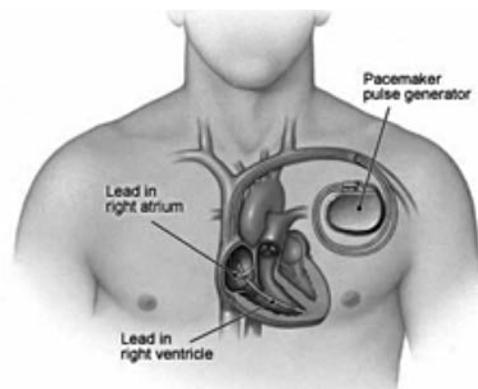
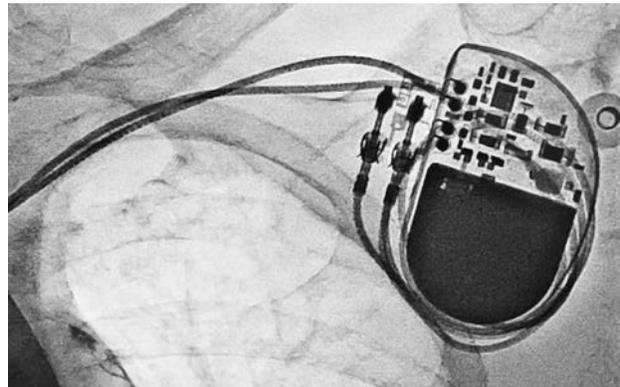
Procedure

- This procedure requires that you have nothing to eat or drink after midnight. Antibiotics are administered prior to the procedure to prevent infection.
- Anesthesia and local anesthetic will be utilized for patient comfort.
- An incision is made in the upper chest wall and leads are implanted into the heart wall via the venous system. The leads are then attached to the battery (generator) and the incision is closed using dissolvable sutures.

After the Procedure

- A chest x-ray and EKG will be performed to ensure proper placement. Once confirmed a normal diet can be resumed.
- An arm immobilizer will be worn for 24 hours after the procedure to allow the leads to heal into place.
- An overnight hospital stay is required.

A pacemaker battery usually lasts four to seven years. When a battery needs to be changed the entire generator is replaced with a new battery and updated features. Most often this procedure is simple because the leads stay in place. This is usually a same-day procedure.



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DEFIBRILLATOR IMPLANTATION

A defibrillator (ICD) is a small battery powered device implanted under the skin of the chest. ICDs can be implanted either through the venous system or subcutaneously protecting you from lethal heart rhythms caused by heart damage, disease or congenital anomalies. A bi-ventricular defibrillator has leads that are placed in the two lower chambers of the right and left sides of the heart. It is used to treat the signs and symptoms of heart failure.

Procedure

- This procedure requires that you have nothing to eat or drink after midnight. Antibiotics are administered prior to the procedure to prevent infection.
- Anesthesia and local anesthetic will be utilized for patient comfort.
- An incision is made in the upper chest wall and leads are implanted into the heart wall via the venous system. The leads are then attached to the battery (generator) and the incision is closed using dissolvable sutures.

After the Procedure

- A chest x-ray and EKG will be performed to ensure proper placement. Once confirmed a normal diet can be resumed.
- An arm immobilizer will be worn for 24 hours after the procedure to allow the leads to heal into place.
- An overnight hospital stay is required.

A defibrillator battery usually lasts four to seven years. When a battery needs to be changed, the entire generator is replaced with a new battery and updated features. Most often this procedure is simple because the leads stay in place. This is usually a same-day procedure.

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TILT TABLE TEST

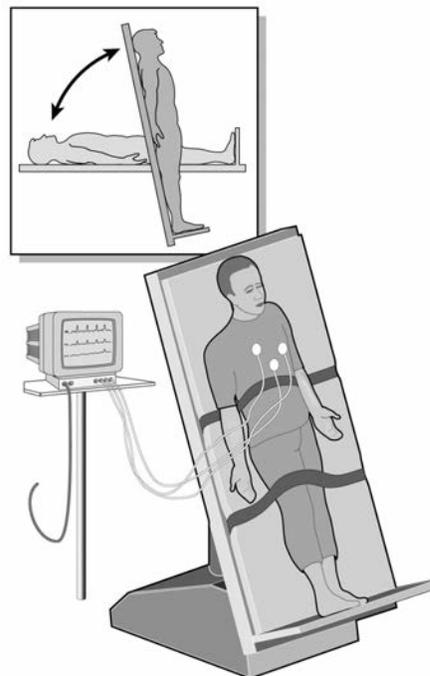
A tilt table test is used to evaluate the cause of unexplained fainting or dizziness.

Procedure

- This procedure requires that you have nothing to eat or drink after midnight.
- A specialized table is used to simulate everyday position changes.
- Vital signs are closely monitored and medications to simulate exercise are administered.
- The procedure can last for up to one hour and may result in fainting.

After the Procedure

- IV fluids are administered to improve hydration and aid in returning to baseline.
- Discharge instructions may include medication or lifestyle changes.





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LOOP RECORDER

A loop recorder is a small device that is implanted just under the skin that allows your heart rhythm to be recorded for up to about three years. It is useful for episodes of unexplained syncope and palpitations. Local anesthesia, antibiotics and sedation will be utilized for this procedure; you will also meet with a representative from the device company. They will give you all the information you will need for managing this device at home. This procedure is done in a short procedure setting, and requires that you have nothing by mouth the day of the procedure.

After the procedure you will need to recover from any sedation, receive further instructions regarding home management and will be able to go home shortly after the procedure.

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DRUG INFUSION STUDIES WITH EKG MONITORING

This study is useful in the diagnosis of genetic syndromes that affect the electrical system of your heart: i.e.... long QT, Brugada syndrome.

- This test requires that you have nothing to eat or drink after midnight the day before your test.
- You will have several different monitor modalities utilized during this procedure.
- A cardiologist will be present during the infusion of the medication the physician has ordered. EKGs will be performed every few minutes.
- The test is concluded upon physician discretion.
- You will remain in our recovery hour for approximately one hour while we monitor you as the medication dissipates.
- You will be able to eat and drink post procedure.
- We recommend that you have a ride home, in case you are not feeling well.

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PATIENT SUPPORT / EDUCATION

Please visit our website, Jefferson.edu/AbingtonClasses for information about all our community health education programs.

Smoking Cessation Classes

To register: 215-481-2204

Registration is required before attending.

Cost: \$25 for one year membership.

Heart and Stroke Risk Assessment and Blood Pressure Screenings

Please call 215-481-2204 for more information.

Free

Diabetes Education

AHC – Willow Grove, Northwood Building, Suite F
Willow Grove, PA

For more information, class locations and to register:

Diabetes Center – 215-672-0899

Cholesterol Screening

Abington Hospital, Widener Building,

Cashier, ground floor

Registration is not required.

Mondays – Fridays, 8 AM to 4 PM

For more information, please contact the

Abington Hospital Cashier Office at 215-481-2269.

Cost: \$8

Cardiac Rehabilitation Program

(offered for inpatients and outpatients)

Outpatient Center at AHC – Willow Grove

For information, call 215-481-5903



Behavior Modification/Weight Loss Program

Abington Hospital, Widener Building,
Basement Level, Beardwood Classroom

Contact: Kathy Gender at 215-635-3173

Free

Diet Chat Network Support Group

AHC – Warminster Solarium, 2nd floor

For more information, contact Bruce Daroff
at 267-994-7870

Free

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PARKING INFORMATION

Garages

Zipley Garage, entered from Old York Road (Rte. 611) via Keith Road, is conveniently located for visits to the Lenfest or Toll Pavilions. It connects via a covered walkway to the first floor, Lenfest.

Woodland Garage, at Highland Avenue and Woodland Road, is attached to the Price Medical Office Building and Buerger. Entrance via a covered walkway located on Level “G” of the garage.

York Road Garage is at the corner of Old York Road and Horace Avenue, near the Widener Entrance.

Scully Garage, entered via Woodland Road from Old York Road (across the street from the Toll Pavilion) is connected to the Levy Medical Office Building.

Valet Parking

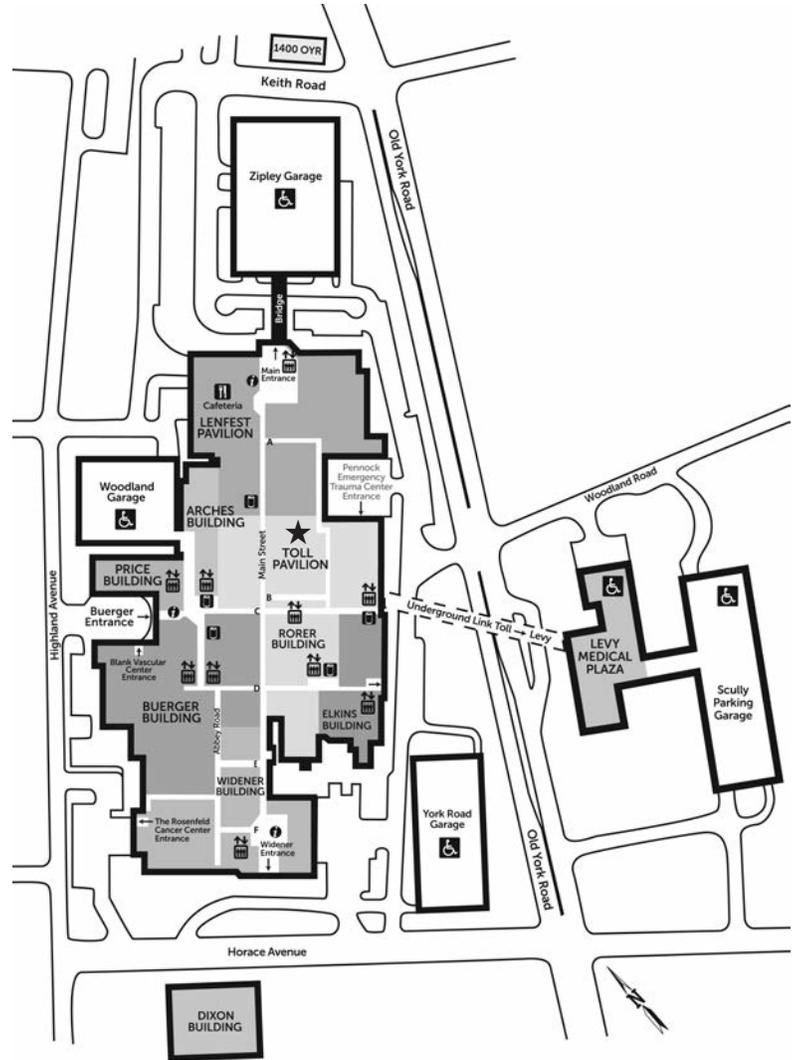
Valet parking is available weekdays at the Widener and Lenfest (Main) entrances from 7:30 a.m. to 9 p.m. and at the Buerger Entrance from 8 a.m. to 5 p.m.

Long-term Parking

Family members of patients who are in the hospital for 10 days or more may purchase an extended parking pass. Please ask the nurse manager of the unit for more details and authorization.

Discounted Parking

Seniors receive a \$1 discount in the self-parking garages and lot, and a \$2 discount if valet parking.





Abington
Jefferson Health®

Abington Hospital – Jefferson Health
Heart and Vascular Institute
1200 Old York Road, Abington, PA 19001
215-481-4100
Jefferson.edu/AbingtonHeart