Cardiac Catheterization: Right Heart

Right Heart Cath or Cardiac Cath, Right Side

- Please review all of the instructions about your procedure as soon as you get them, so you can prepare. You may need to change some of your medicines.
- Arrange to have an adult to drive you to your procedure and be there to take you home after the procedure. If you are taking a cab, bus or medical transportation service home after the procedure, an adult, other than the driver, needs to ride with you for your safety.
- If you have questions about your procedure or you need to cancel or change your appointment, call Ross Heart Hospital at 614-293-8372 or University Hospital East at 614-685-6961.
- If you have any questions about your insurance coverage, call Pre-certification at 614-685-5958.

Why the procedure is done

The right heart cath may be done through a vein in the neck or upper leg to:
- Diagnose heart and lung diseases, such as heart failure and pulmonary hypertension.
- Check how well your heart is working before or after heart surgery.
- Measure blood flow, pressures and oxygen levels in parts of the heart and lungs.
- Remove samples of blood or tissue for testing.

Based on why you had the procedure and the results of your cardiac cath, your doctor may recommend:
- No treatment changes.
- Medicines.
- Surgery.
- Other procedures.

Prep instructions

You will be called by Cath Lab Scheduling who will review these instructions with you. Please make notes of any questions you may want to ask about the procedure or your prep.

If you take any prescription medicines, you may need to change or stop certain medicines before this procedure. See the Medicine Review section for more information. Cath Lab Scheduling will give you more instructions as needed.

Be sure to tell staff if you have:
- Any allergies.
- Any problems with bleeding.
- Problems lying flat.
- Trouble having blood drawn or getting IVs started.
- Any other planned procedures or surgeries scheduled.
- Concerns about paying for your medicines or other concerns.
Start clear liquids at midnight before procedure

You may eat your regular meals until midnight before you procedure. From midnight, drink only clear liquids until 2 hours before your test. *

These clear liquids are allowed:
- Water.
- Fruit juices that you can see through, such as apple, white cranberry or white grape.
- Popsicles or ice chips.
- Ginger ale or lemon-lime soda.
- Jell-o.
- Coffee or tea (no milk or cream added).

*If your procedure is scheduled after 10 AM, you can eat a light breakfast before 6 AM of an egg and a piece of toast or a small bowl of cereal with milk. After that, only clear liquids until 2 hours before your procedure.

Take a shower or bath

Either the evening before or the morning of your procedure, take a shower or bath. You will not be able to shower or bathe for the first 24 hours after your procedure.

Morning of your procedure

- Take your medicines for blood pressure, heart issues, seizures or pain with a sip of water up to 2 hours before your procedure as directed.
- Female patients should come prepared to give a urine sample in case a pregnancy test is needed.
- Your driver must be present when you sign in to proceed with your test.
- Bring these with you to your test:
  - All of your medicines in their prescription bottles that you are scheduled to take during the day.
  - A list of all medicines, including prescription and over the counter medicines and any vitamin or herbal products you are taking.
  - A list of your allergies.
  - List of medical conditions and previous surgeries.
  - A copy of advanced directive, such as a Living Will or Health Care Power of Attorney.
  - Your photo identification, insurance card and co-payment, if needed.
  - CPAP machine if you use one at home for sleep apnea.
  - Overnight bag packed with personal items and toiletries, in case you need to stay at the hospital. Leave this in the car until you know if you will need to stay.
  - Please leave all valuables and jewelry, including piercings, at home or have your driver keep them for you.
  - Plan to arrive at ______ AM the day of your procedure.
Before the procedure

- Your doctor will talk to you about the procedure and have you sign a consent form.
- You will need to wear a hospital gown. You can wear your glasses, dentures and hearing aid in the cath lab.
- Empty your bladder before going to the cath lab.
- You will have an intravenous line (IV) put in to give you fluids and medicines during the procedure.
- Your family will be directed to a waiting area to wait until your procedure is done.

Having the procedure

The procedure is done in a special room called the cath lab. It looks like an operating room and will feel cool. Gowns, gloves and masks will be worn by the staff in the room. Lights will be dim so the doctor can see the screen.

- You will be awake during the cath. You will have small patches, called leads, placed on your body to check your heart rate during the procedure.
- The technician will scrub your neck and leg sites. Hair may be cut from the leg site, if needed, using a clipper. Often the neck site is used but both sites will be prepared.
- Numbing medicine will be injected at the site.
- A needle is put into a vein for a right heart cath in the neck or upper leg. A flexible wire is threaded through the needle and then the catheter is put over the wire in the blood vessel.
- You may feel some pressure as the catheter is put in. You may also feel some skipped heart beats as the catheter passes into the chambers of your heart.

- Be sure to tell the staff if you feel any pressure, pain, problems with breathing or other discomfort during the procedure.
- Blood samples are taken and pressures are measured during the procedure.
- The doctor and other staff will talk to you during the procedure.
- The procedure lasts about an hour.
- When the catheter is removed, pressure may be applied to the site to prevent bleeding.

After the procedure

Most often, you will be taken to the recovery room.

- Your nurse will check your blood pressure, heart rate and breathing during the next 2 to 3 hours. Pulses will also be checked in your arms, legs and feet. The access site will be checked often for signs of bleeding.
- Tell your nurse right away if you notice any swelling or bleeding in this area or if you feel pain, numbness or tingling in your arm or leg.

Your doctor will talk with you after the catheterization to explain the results of your test.

Based on the results of your test, the catheter may be left in place to continue to check blood flow, pressures and oxygen levels in parts of your heart and lungs. You may need to stay at the hospital for further treatment. Your medicines may need to be adjusted or other options for treatment may be considered.

You will be given more specific discharge instructions before you are sent home.
**Medicine review**

**Blood thinner medicines**

*Continue* to take these medicines to prevent blood clots **up to and even on the day of your procedure**:

- Aspirin
- Brilinta (Ticagrelor)
- Effient (Prasugrel)
- Plavix (Clopidogrel)

Other medicines to prevent blood clots may need to be stopped for a few days to reduce your chance of bleeding during the procedure:

- Arixtra (Fondaparinux)
- Coumadin (Warfarin)
- Eliquis (Apixaban)
- Fragmin (Dalteparin)
- Heparin
- Jantoven (Warfarin)
- Lovenox (Enoxaparin)
- Pradaxa (Dabigatran)
- Savaysa (Edoxaban)
- Xarelto (Rivaroxaban)

You will be given instructions about these medicines when Cath Lab Scheduling calls to review your prep.

**Diabetes medicines**

If you take medicine for diabetes, you may need to stop or reduce the amount of insulin before your procedure.

- Do not take any of these diabetes medicines the morning of your procedure:
  - All oral diabetes pills
  - Humalog (Lispro), Novolog (Aspart), Apidra (Glulisine), or regular insulin.
  - Byetta (Exenatide), Victoza (Liraglutide), Tanzeum (Albiglutide) or Trulicity (Dulaglutide)
- If you take Leveimir (Detemir) or Lantus (Glargine):
  - Type 1 diabetes - reduce your dose by 20% the evening before and the morning of your procedure.
  - Type 2 diabetes - decrease your total daily dose of insulin by half or 50%.
- If you have Type 2 diabetes and take NPH, 70/30 or 50/50 insulin - reduce your evening dose the day before and your morning dose by half or 50%.
- If you use an insulin pump, talk to your doctor about your pump use the day of the procedure.

**Water pills or diuretics**

Take water pills, such as Lasix (furosemide), Bumex (bumetanide) or Demadex (torsemide), the morning of your procedure as usual up to 2 hours before the procedure. If you are not able to lay flat because of trouble breathing, take your usual dose up until the time of your procedure.
Medicines for pulmonary hypertension, erectile dysfunction (ED) or benign prostatic hypertrophy (BPH)

If you take:
• Adcirca, Cialis (Tadalafil)
• Viagra, Revatio (Sildenafil)
• Levitra, Staxyn (Vardenafil)

For pulmonary hypertension, let the cath lab know. These medicines may interact with other medicines given during the procedure.

For erectile dysfunction or benign prostatic hypertrophy, stop this medicine for 48 hours before your procedure.

Other medicines

For most other medicines, such as blood pressure medicines, you should take your dose as usual the morning of your procedure.

Procedure location

Your procedure is scheduled at:

- **Ross Heart Hospital**, 452 W. 10th Avenue, Columbus, OH 43210
  - Use valet parking in front of the hospital or park in the SAFEAUTO Hospitals Garage.
  - Register in the main lobby on the first floor.

- **University Hospital East**, 181 Taylor Avenue, Columbus, OH 43203
  - Free parking is available in a lot off of Hawthorne Avenue, across from the hospital’s main entrance.
  - Register in the main lobby on the first floor.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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