



BON SECOURS HEALTH SYSTEM

My Cardiac Procedure



Introduction

Welcome to the Bon Secours Hospital Cork, Ireland's largest private hospital (also one of the largest private hospitals in Europe). Our hospital was established in 1915 and has more than 300 beds. We employ more than 1,000 staff and admit approximately 35,000 patients every year.

It is a general hospital providing an extensive range of medical and surgical specialties for adults and children.

We pride ourselves in our ethos that you the patient are at the very centre of all we do.

This ethos originated from our founders, "The Sisters of Bon Secours", whose purpose was "providing care to all who suffer and give them a reason to live and a reason to hope".

It is very important to us that your hospital experience is as smooth as possible. We have therefore provided this information leaflet to help you and your families prepare for your hospital stay and your discharge home.

Cardiac Procedure Overview

The heart is a strong muscle which lies in the centre of the chest. Its job is to pump the blood around the body. The coronary arteries supply your heart muscle with blood. These arteries spread out over the

surface of the heart like branches of a tree. Atherosclerosis is a build up of plaque on the inner lining of the arteries which can affect the flow of blood through the artery.

- **Coronary Angiogram:** A coronary angiogram is a special investigation that uses X-rays to examine the structure and function of the heart. A thin flexible tube called a catheter is passed into the arteries of the heart, via the wrist or groin and the doctor injects a special contrast dye into the arteries. This allows the doctor to see any blockages or narrowing's in the arteries. Your cardiologist will discuss the findings and treatment with you.
- **Electrophysiology Study (EP Study):** An EP study is a procedure that analyses the conduction system of the heart and looks for abnormalities. If an abnormal circuit or extra electrical cell activity is found an ablation procedure is carried out by delivering radiofrequency energy down a wire to the target area of the heart.
- **Cardiac Device:** There are many different types of cardiac devices such as a loop monitor, pacemaker, defibrillator or cardiac resynchronisation therapy device. These are small battery powered devices inserted underneath the skin which monitors the heart rhythm.
- **Transoesophageal Echocardiogram (TOE):** A TOE is a diagnostic test using an ultrasound probe which is passed into the gullet to give a clear image of the heart muscle and valves.

Preparing for your Cardiac Procedure

- Make a list of what to take to hospital with you.
- Please contact your health insurance to determine the type of cover you have for your coronary procedure.
- Please follow the instructions sent out to you from your consultant regarding the times from when you need to start fasting from food and fluid, early morning light breakfast is usually permitted pre angiogram. This will vary depending on your specific procedure and time of admission.
- Ensure you have a responsible adult available to collect you from hospital and stay with you for 24 hours following coronary angiogram irrespective of your sedation status post procedure - in case you feel unwell or in case of emergency. You will not be allowed take a taxi, bus, train or walk home on your own.
- The person collecting you will be required to sign you out from hospital reception/day ward as directed by the nursing team.
- You will not be able to drive for 24 hours following your angiogram.
- It is advisable not to undertake any vigorous physical activity.
- If you required sedation for your procedure, your short term memory may be impaired for 48 hours after sedation. You should not make important business decisions or sign legal documents during this period.

Consent

You will sign a consent form prior to the procedure outlining the procedure that is being performed, risks, benefits and alternatives to the procedure.

If for any reason you are unable to attend for your cardiac procedure please contact the consultant secretary to cancel and reschedule a date that is more suitable for you, as soon as possible.

Other things to consider before your cardiac procedure

Infections

- It is important that you have no active infections before cardiac procedure. These include tooth abscesses, bladder infections, infected leg ulcers, insect bites or stings, colds and flu.
- If you become unwell before your cardiac procedure, please discuss with your GP or consultant.

Cosmetics

- Remove any cosmetics and false tan
- Remove any nail polish and false nails
- Remove any piercings as there is a risk of burns
- Remove contact lenses prior to admission.

Skin

- Ensure all wounds and cuts are covered prior to admission.
- Please ensure you shower

the night before or morning of your cardiac procedure.

Regular Medications

- Any insulin or time sensitive medication (such as anti-Parkinson's disease medication or medication for high blood pressure) you are currently taking that you may need to take with your diet after your procedure.

Blood Thinners and Medications

- If you are taking anti-platelet drugs such as clopidogrel (Plavix)/Asprin, please continue to take these. Other anticoagulants/blood thinning drug please check with your cardiologist/consultant if these should be continued or discontinued prior to your procedure.
- You may take some of your cardiac medications on the morning of the procedure

such as your anti - hypertensives (blood pressure medications), Beta - blockers (Medications that control irregular heart rate/rhythm, A.fib etc), PPI's (medications that control reflux/ indigestion - may reduce chance of reflux when require to lie flat post procedure).

- It is advisable to hold your diuretics (water tablets) on the morning of your coronary angiogram (unless otherwise advised by your consultant) as you may be on flat bed rest for a number of hours post your coronary angiogram.

Patients with Diabetes using insulin

- It is important to monitor your blood sugars more closely as you will be required to fast pre procedure after an early morning light breakfast on day of the procedure.
- Please bring your insulin pens/ diabetes medications and hypo treatment with you to hospital.

Day of your Coronary procedure

- Do not take morning fast acting insulin (NovoRapid or Humalog or Apidra).
- If on a mixed Insulin such as (Novomix or Humulin or Insuman or Humalog Mix) take half of the usual dose.
- If on Lantus or Toujeo or Tresiba or Abasaglar or Levemir continue your usual dose. If normally taken in the morning take half of your usual dose.
- Monitor your blood glucose levels every 2 hours.

After your procedure

- When you can tolerate food and drinks resume your fast acting insulin dose, this dose may need to be reduced.
- When you can tolerate food and drinks resume your usual evening dose of mixed insulin.
- Resume your usual dose of long acting insulin when it is next due.
- Continue to monitor your blood glucose levels every 2 hours until stable.

For patients whose diabetes is managed by continuous insulin pump therapy, please inform the hospital's Diabetes Nurse Specialist in advance of procedure for further advice.

For patients with diabetes who use wearable glucose monitoring devices such as flash glucose monitoring or continuous glucose monitoring, please ensure devices are removed prior to the procedure.

PATIENTS WITH TYPE 2 DIABETES NOT USING INSULIN

On the Morning of your procedure

Do not take your oral diabetic medications; this along with the contrast dye used during the angiogram can put additional strain on your kidneys.

Monitor your blood glucose levels every 2 hours.

After your procedure

You will be advised when to restart your metformin (glucophage) - usually 24 hours after your procedure; to allow the contrast dye to clear your system.

Monitor your blood glucose every 2 hours until stable.

Medication

Please complete the Medication form at the back of the consent form and bring this with you on the morning of your cardiac procedure.

This medication list will be used during your admission by nursing and medical staff and will form part of your medical record. Please document the name and contact number of your pharmacist.

If you need help completing this your GP or pharmacist can help or may be able to give you a printout which you can bring with you to hospital.

We need a list of the medication you are taking, the strength or dosage and how many you take and how often you take them.

Don't forget to include:

- inhalers/nebules
- eye/ear/nasal drops
- creams/ointments and medicated patches
- suppositories/pessaries
- oral contraceptives/hormone replacement therapy
- over-the-counter medicines for e.g. pain or allergies

- vitamins and minerals
- nutritional supplements and herbal products

We also need to know any medications you were taking in the past four weeks even if you no longer take them. Please document any allergies you have on this information / consent form. Ensure you read the information leaflet about your procedure prior to coming into the hospital. Make a list of any questions you have and these can be answered by the nursing staff or Consultant.

Regular medication

- If you are taking time sensitive medication for Parkinson Disease or epilepsy these medications can be taken 4 hours in advance of your planned procedure with a sip of water.
- Regular medication can also be taken post procedure.



BON SECOURS HOSPITAL
College Road, Cork

Patient Medication History List

Information for Patients attending the Bon Secours Hospital Cork –

What we need to know about your medication

To help us to know what medication you are currently taking or have recently taken can you complete the list on the other side of this page for us, before you come into hospital? This list will be used during your admission by nursing and medical staff and will form part of your medical record. If you need help completing the form, your community pharmacy or GP may be able to help or may be able to give you a printout which you can bring with you to hospital. Can you also bring your current medication into hospital with you?

What we need to know?

- We need a list of the medication you are taking, the strength or dose, how many you take and how often you take them each day.
- We also need to know any medication you were taking in the past four weeks even if you are no longer taking them.
- If you are bringing medication into hospital please ensure they are in the original container or packaging.
- Can you list any medication allergies that you may have?
- Can you give us the name and contact details of your community pharmacy and family doctor?

Don't forget to include:

- inhalers/nebules
- eye/ear/nasal drops
- creams/ointments and medicated patches
- suppositories/pessaries
- oral contraceptive pill/hormone replacement therapy
- over-the-counter medicines e.g. for pain or hay fever
- oral nutritional supplements such as drinks or vitamin tablets
herbal products

Sedation

Sedation

Typically patients do not require sedation prior to their cardiac procedure as local anaesthetic is given prior to accessing the groin site which is usually sufficient for most patients to have a comfortable experience during their angiogram procedure.

However if you feel you will require sedation for your procedure please inform the nursing staff and they will get a doctor to prescribe oral sedation which can be given to you in advance of your procedure.

Some patients who do receive sedation may not remember their procedure afterwards.

The effects of sedation last for up to 24 hours.

Pain management

Assessing your pain

Your nursing team will ask you to score your pain levels on a scale (normally 0-10) to indicate whether you feel no pain, through to an indication of severe pain.

The team will also ask you to specify the location and the type of pain you are feeling and whether it changes over time.

The nurse will assess your pain prior to discharge.

You will be given pain relief if required.

Day of Cardiac procedure

Pre Cardiac procedure

Your nurse will admit you by taking a detailed medical/surgical history and assessing your vital signs (blood pressure, pulse, respirations, temperature and oxygen saturations). You will be given an opportunity to ask questions and the nurse will relieve any anxieties or concerns that you may have. Once you have understood the procedure you are going for, you consent to same and the nurse will insert a needle (cannula) in to a vein.

Intra Cardiac procedure.

You will then be taken to the procedure room, where your tests will take place. You will get an opportunity to speak to the consultant prior to the procedure. Your vital signs will be monitored regularly during the procedure. You may be on oxygen via nasal prongs.

If you find the procedure uncomfortable at any time you can stop it.

Post Cardiac procedure

Post procedure your vital signs will be monitored for up to an hour.

Your pain levels will be monitored and analgesia will be given if required.

Once you are awake and alert you will be given something light to eat.

Nursing staff will guide you on the estimated time for discharge so that you can update your nominated responsible adult with adequate notice. Staff are happy to make contact on your behalf if required.

You will be given written follow up instructions and discharge advise post your procedure.

Blood clots and deep vein thrombosis

What is a blood clot?

This is when a clot forms inside a blood vessel usually your leg, which may break off and go to your lungs. A clot can cause death.

You have a higher chance of getting a clot in hospital than after a long haul flight. A clot can form up to 90 days after being in hospital.

What can I do to help myself?

- Ask for your risk of developing a blood clot to be assessed if you are admitted to hospital
- Walk and move as much as possible especially after cardiac procedure
- Do not spend long periods sitting on chairs or in bed
- Drink plenty of fluids
- Follow advice on wearing of stockings and taking medication

Blood clots can be very serious but there are effective treatments to deal with them and help prevent them. In hospital this may require taking medication, sometimes as an injection under the skin and sometimes wearing stockings. It will always involve moving as much as possible.

Signs & symptoms of a blood clot?

- Swelling or pain in your leg or calf
- Warmth or redness in the leg or calf
- Fainting
- Shortness of breath or rapid breathing chest pain when you breathe deeply
- Coughing or coughing up blood

If you have one or more of these, you may have a clot and need urgent treatment.

You may be at increased risk if:

- You are in hospital and for the 90 days after discharge
- You are immobile for long periods of time or air travel longer than 6 hours
- You or a close relative had a blood clot in the leg or lung
- You are over 60 years of age or are overweight
- You have heart, lung or inflammatory disease
- After surgery
- You are on cancer treatment
- You have thrombophilia
- You have varicose veins with phlebitis
- You are pregnant and for the 6 weeks after birth
- You are taking oral contraceptive pill or hormone replacement therapy

Am I ready?

CHECKLIST

- I have contacted my insurance provider and I am fully aware of my cover for this procedure. (If you have an excess on your policy this must be paid on admission)
- My carer is able to stay with me post discharge (at least 24 hours, or longer if required)
- The person taking me home is:

- Their number is:

Any equipment I need to make my period of recovery more comfortable is in place

IMPORTANT NUMBERS

My Care Team

Bon Secours Cork
(021) 454 2807

My consultant

My GP

Date and Time of Cardiac Procedure

Date of Cardiac procedure

Time of Cardiac procedure

The consultant and or secretary will advise the patient of the date of the procedure. The hospital will advise the patient of the time of admission to the hospital via SMS text message after 11am on the day prior to your planned admission.

Health Insurers Customer Service Numbers

VHI	1890 444 444
Laya Health	021 202 2000
Irish life Health	1890 714 444

What to bring to hospital

CHECKLIST

Essential clothing and personal care

- Comfortable shoes: such as closed-back slippers or trainers – **not** heeled shoes or flip-flops
- Loose-fitting nightwear and a dressing gown
- Loose-fitting clothes for travel to and from the hospital

Medicines and medical aids

- Any walking aids you currently use
- Any insulin or time sensitive medication (such as sinemet, blood pressure) you are currently taking that you may need to take with your diet after your procedure
- Any glasses, hearing aids, contact lenses and dentures you currently use

Other

- House keys
- Mobile phone and labelled charger (please charge up before bringing to hospital)
- Reading material
- Contact list (if not on your phone)
- Wifi available in the hospital

What not to bring?

- Valuables, including jewellery. The hospital cannot take the responsibility for any valuables that go missing. Leave large sums of money at home.
- Large suitcases and bags, the storage space for these and for personal belongings is limited.

