

A PARENT'S GUIDE TO CARDIAC CATHETERIZATION



A member of the  **Seton** Family of Hospitals

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MAPS AND DIRECTIONS

Our address is:
4900 Mueller Blvd.
Austin, TX 78723
512-324-0000

FROM IH-35:

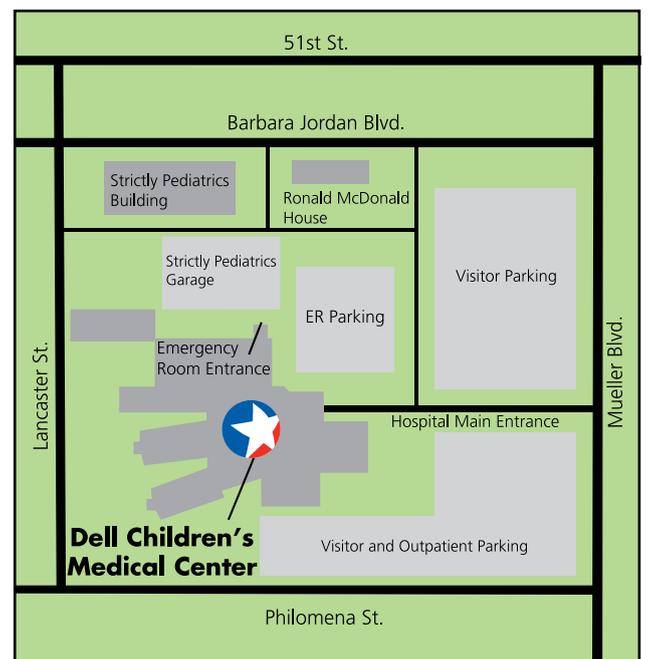
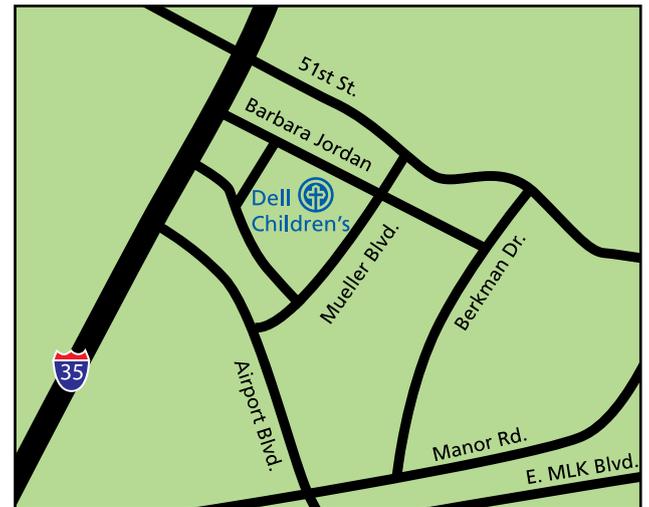
- Exit 51st Street
- Drive East on 51st (from north-bound IH-35, turn right and from south-bound IH-35, turn left)
- Turn right on Mueller Blvd.
- Turn right into hospital entrance.

PARKING

Free valet parking will be provided from 6:00 A.M. until 5:00 P.M. Parents and visitors may park in the visitors' parking lot located on Mueller Blvd. nearest the Main Entrance of the hospital. After parking or valet parking, please proceed to the Main Entrance of the hospital which is located on the third floor.

DELL CHILDREN'S IS A SMOKE-FREE CAMPUS

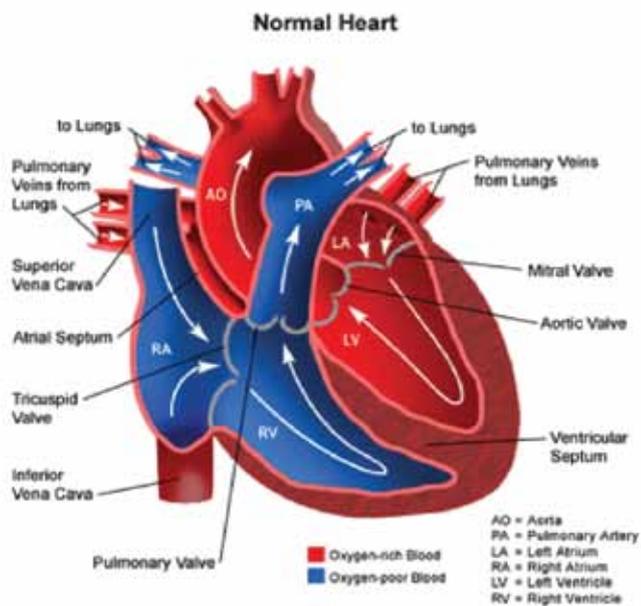
For the health and healing of our children and everyone, no smoking is allowed anywhere on our premises, including all buildings, grounds and parking areas. We ask that you prepare to comply with this policy when you are at Dell Children's. For your convenience, smoking cessation aids will be available for purchase in the Dillos and Dragonflies gift shop and the Holy Roast internet café. Information about smoking cessation programs in our community will be available at information desks. Thank you for your help in providing a healthier environment for everyone.



UNDERSTANDING THE CARDIAC CATHETERIZATION

WHAT IS THE NORMAL STRUCTURE OF THE HEART?

The heart is a muscular organ that pumps blood to the lungs and the body. The blue shaded areas represent blood coming from the body and going to the lungs. The red shaded areas represent blood coming from the lungs and going out to the body. The picture of the heart to the right shows the normal anatomy; your doctor will discuss your child's heart with you in detail.



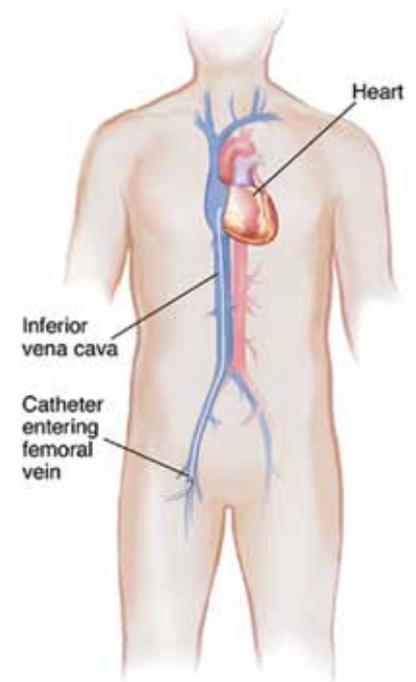
WHAT IS A CARDIAC CATHETERIZATION?

It is a heart test that will allow your doctor to determine more about the structure of the heart, and how much work it is doing. In certain cases, additional procedures (interventions) can be performed during the catheterization to fix an abnormality in the heart or circulation. If these procedures are planned your child's doctor will discuss them specifically with you.

ELECTROPHYSIOLOGY (EP) STUDIES AND PROCEDURES

If your child's heart condition is a heart beat problem, rather than a structural problem, a procedure called

an electrophysiology study (EP study) may be performed. The EP study involves several catheters being placed in the heart to investigate details of the heart's electrical system. If an abnormal electrical connection is present, it may be treated by delivering radiofrequency energy (heating energy) or cryo energy (freezing energy) through a special catheter.



PREPARING YOUR CHILD

Dell Children's Child Life Specialists and Assistants are trained to reduce the stresses that children and their families may encounter as a result of hospitalization or medical procedures. They facilitate communication between the healthcare teams and patients, often explaining complex clinical information into words that children and families can easily understand.

To reduce this stress and anxiety and to help your child with the hospital experience, we encourage you to



participate in the Surgery/Cath Lab Pre-operative Tour, a free service provided by the Child Life department here at Dell Children's Medical Center of Central Texas. During the tour, children and their families will learn about and become familiar with medical equipment they will see on the day of their procedure. Participants will take a walk-through tour of the surgery/cath lab area including the operating room/cath lab procedure room. This program is available to all patients and their families and is offered on Sundays (certain holiday Sundays are not available). **RESERVATIONS ARE REQUIRED.** Please call (512) 324-0146 to make a reservation for the tour. When making your reservation with child life, please specify that your child will have a catheterization procedure. Messages left on the weekend are checked on Sundays at noon. Depending on the number of reservations, we may combine or possibly cancel the tours. Families with reservations will be contacted if there are any changes.

TIPS FOR PREPARATION:

- Be honest! Telling your child the truth about what will happen and how things may feel will let them know what to expect. Simple explanations are best.
- Listen to your child's questions and discuss them.
- Allow your child to explore with real or pretend medical equipment on stuffed animals or dolls before going to the hospital and when he or she comes home. This will help your child to express their feelings and feel more in control.
- Let your child pack special things to take to the hospital. He or she can pack pictures of your family, books, toys, comfort items (stuffed animals, blanket or pillow), school-work, favorite pajamas or even a favorite DVD movie.

PREPARING FOR THE PROCEDURE

WHO NEEDS TO BE CONTACTED?

You will receive a call from the following areas prior to your child's procedure. If you do NOT receive these phone calls within 48 hours prior to the procedure, please contact the appropriate office listed below. If you reach voicemail, please leave a detailed message that includes your name, telephone number and the best time to reach you. **You need to speak with all areas prior to the procedure.**

Hospital Registration:

Available Monday – Friday; 8:00 A.M. – 6:00P.M.
(512) 324-0128

Required information (Please have available):

- Legal name of child that is on the birth certificate.
- Legal name of the policyholder.
- Phone numbers including home, cell and work numbers.
- Social security number for the child and the policyholder.
- Address of the policyholder if different from patient address.
- Employer information including name, address and phone number.
- Primary care physician of patient.

Pre-Admission and Testing Nurses:

Available Monday – Friday; 8:00A.M. – 6:00P.M.
(512) 324-0127

Required information (Please have available):

- Detailed medical/health history of immediate family members.
- Listing of all medications including dosages.
- Additional information related to the scheduled procedure.

Surgery Reception:

Available Monday – Friday; 6:00 A.M. – 6:00P.M.
(512) 324-0124

Call between the hours of 1:00 P.M. – 4:00 P.M. to receive final instructions regarding when your child should stop eating and drinking prior to the procedure. You will also receive instructions regarding the time you should arrive at the hospital. If your physician has given you these instructions, **please call to verify them.** Times may change due to last minute cancellations or additions. There is no need to wake your child for these feeding times. They need their rest; these instructions are just in case they are hungry. It is important that you follow the instructions on stopping food and drink prior to the cardiac catheterization, as it is critical for the safety of your child. **Failure to comply with instructions will result in a delay or possible cancellation of the cardiac catheterization.** If your child is sick, please call your doctor to verify if the cardiac catheterization should be rescheduled until after your child is feeling better.

WHAT SHOULD HAPPEN THE NIGHT BEFORE?

- Lay out comfortable clothes for your child to wear. If he or she is old enough, let them choose their favorite pajamas, nightgown or sweat suit. Plan to wear comfortable clothes yourself, as you might be holding your child after the cardiac catheterization.
- Make arrangements for childcare or after school pick-up/care for other siblings.
- Please limit the number of family members that accompany you.
- Pack your diaper bag/backpack with your child's favorite comfort items, additional sippie cup or empty bottle and pacifier. Younger children may choose to have a toy, blanket or pillow. Teens may bring headsets, CD or MP3 players or handheld video games.

EATING & DRINKING INSTRUCTIONS:

STOP: Solid food at

STOP: Formula, milk, Jell-o at

STOP: Breast milk at

STOP: Clear liquids at

(Clear liquids include: water, fruit juice without pulp, carbonated drinks, clear tea)

ARRIVE NO LATER THAN:

PROCEDURE TO START AT:

FAILURE TO COMPLY WITH THESE INSTRUCTIONS WILL RESULT IN A DELAY OR POSSIBLE CANCELLATION OF THE PROCEDURE

THE DAY OF THE PROCEDURE

WHERE DO WE GO?

Parents and visitors may park in the visitors' parking lot located on Mueller Blvd., nearest the main entrance of the hospital. Parking is free for parents and visitors. Please proceed to the main entrance of the hospital. After entering through the main entrance on the third floor, you may take the elevators or stairs, located immediately on your right, down to the second floor. This will place you within the surgical services waiting room. Please sign in with the receptionist. **Remember that no food or drink is allowed in the waiting room.**

Once your child has checked in with Surgical Services, they will be taken to a Pre Admission Nursing Discharge Area (PANDA) holding room, a private room that allows the nurses to review medical history, sign the consent form, take vital signs and allow you to talk to an anesthesiologist to discuss any questions and concerns regarding the sedation of your child.

HOW IS A CARDIAC CATHETERIZATION PERFORMED?

Once all the pre-op information is complete and the nurses and doctors have gone over all the necessary information, the cath lab nurses will accompany you and your child to the hallway just outside of the Cath Lab department. From this point, parents and families will be directed to the waiting room and your child will be accompanied to the cath lab procedure room. Once in the cath lab procedure room, nurses will attach monitoring equipment (EKG, blood pressure, oxygen saturation) necessary for monitoring your child during the procedure. Once this has been completed, your child will be given medication and special gases to breathe to help them go off to sleep. We want to reassure you that your child will not be able to see, hear or feel anything that goes on. Once asleep, a peripheral line or IV catheter is placed in a

small vein, usually in the hand or foot. This IV is used for medicines and fluids. Your child will be given medication for sedation through this IV.

A breathing tube may be placed into the airway to assist your child's breathing. This tube will be removed once your child starts waking up after the procedure.

A long, thin, flexible tube called a catheter is inserted into a blood vessel, usually in the groin (the upper part of the leg area). The catheter is then moved through the blood vessel to the chambers of the heart. An x-ray picture allows the doctor to see the catheter as it moves along.

Once the catheter is in place, pressure measurements and oxygen saturation levels are taken in each of the chambers of the heart and in the blood vessels around the heart. Then a special "contrast" is injected through the catheter which makes the blood vessels and heart chambers show up on the x-ray. Pictures are taken as the dye is injected. The doctors use this information to assess your child's heart condition and to plan the next step in your child's care.

HOW LONG IS THE CARDIAC CATHETERIZATION?

The procedure generally takes 2-3 hours but can last longer. **We request that at least one family member remain in the Surgical Services Waiting Area throughout the procedure.** Your doctor, nurses and technicians will monitor your child closely and update you periodically on their progress. Your child will receive medication throughout the cardiac catheterization to prevent pain and keep them sleeping.

After the procedure your child will be transferred to the recovery room where he or she will be monitored for several hours. At this time the cardiologist will plan to meet you to discuss preliminary results of the catheterization. It is important for at least one parent to be in the waiting room.

WHAT HAPPENS IN THE RECOVERY ROOM?

During recovery it is extremely important to have your child lie **flat** for several hours. Lifting or bending the leg where the catheter was inserted must be avoided. The nurse will check your child's pulse, blood pressure and the insertion site for any bleeding. We will reunite you with your child as soon as possible.

There is a possibility that your child might spend the night in the hospital if your doctor feels it is necessary. Parents are welcome to spend the night with their child if this occurs. Please make proper arrangements for your other children and pack an overnight bag.

WHAT ARE THE RISKS?

Minor bleeding at the catheter site is the most common risk and is usually not a problem. Other more serious risks include injury to the blood vessel, a blood clot in a blood vessel, irregular heart rhythm, and injury to an arm or leg used in the procedure, stroke and death. All of these risks are very rare. Your doctor will discuss these risks with you. Your child will be monitored for any side effects for several hours after the procedure.

WHAT SHOULD I EXPECT ONCE WE'RE HOME?

After the catheter is removed, a band-aid, or gauze with stretchy tape, will be placed on the catheterization site. This dressing may be removed prior to leaving the hospital or you will be given instructions to remove it the next morning. There are no stitches or staples on the site. Keep the area clean, dry and covered with a band-aid for 2 to 3 days; replace the band-aid as needed. **If the site begins to bleed; Apply pressure to the catheter site for 5 to 10 minutes and call your cardiologist.** Showers are OK but avoid swimming, strenuous or rough activity until the wound has healed (approximately 2 to 3 days). You might see a bruise or small lump under the skin at the insertion site. This should disappear within 3 to 4 weeks.

WHEN SHOULD I CALL THE DOCTOR?

- Increased bruising or swelling at the catheter insertion site
- Fever higher than 101°F
- Severe pain at the insertion site
- Bleeding from the insertion site
- Numbness or tingling in the legs
- Any change in color of the legs





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