

## Cardiology: Cardiac catheterisation and coronary angiography

### Introduction

Non-invasive tests can provide a lot of valuable information about the heart. However, sometimes it is not possible to make important decisions about a patient's treatment unless a test called cardiac catheterisation or a coronary angiography is carried out.

Cardiac catheterisation gives vital information about the blood pressure inside your heart and how well the pumping chambers and valves are working. Most importantly it shows whether there are narrowing's in the coronary arteries (the blood vessels that supply your heart muscle); and demonstrates their position and severity.

### Guidance for Patients

You will be given some additional patient information before and after the procedure, for example leaflets that explain what to do after the procedure and what problems to look out for. If you have any questions or anxieties, please feel free to ask a member of staff on 01223 256233.

Further information is also available on the British Heart Foundation website: [www.bhf.org.uk](http://www.bhf.org.uk)

### How you can support yourself while you wait for your procedure

There are things you can do whilst you wait for your procedure to make you sure you are as healthy and strong as you can be. This will increase your chances of a better recovery. In the time leading up to your procedure, be sure to take good care of yourself by taking a few smart steps. This can help you avoid complications. Follow these simple tips to ensure the best possible outcome and prepare for a successful recovery.

### Take Your Medication

You will be advised to continue with your normal medications, but you may be advised to stop some medications before your procedure, your clinician or pre-operative nurse will provide you with this information.

### Improve Your Health

- Stick to healthy foods - Your body needs good nutrition to fight infection and heal following your procedure.
- Avoid dehydration - drink at least six-eight glasses of fluid per day, preferably water.

### Alcohol

Alcohol can have many effects on your body but importantly it can reduce your body's ability to heal. Make sure you are drinking within the recommended limits or lower to improve your ability to heal after your procedure.

### **Prevention of Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE) before procedure**

There are natural ways and lifestyle changes you can make to lower your risk of developing blood clots, these include

- Staying active: make a point of moving every 30-60 minutes to ensure you keep your blood flowing
- Regular exercise – simply walking for 30 minutes a day is a great way to keep your circulation moving
- Maintain a healthy weight
- Keep hydrated.

### **What should I do if my health is deteriorating?**

If you feel that there is a change in your condition, please contact your Clinical Team, via switchboard (01223 245 151)

### **Urgent Health Advice**

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. The NHS 111 service is available 24 hours a day, seven days a week. You can also visit [www.nhs.uk](http://www.nhs.uk)

### **Life Threatening Emergencies**

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

### **Contact Us**

Please call ward K2 on telephone number 01223 256233 if you have any questions or concerns about this procedure or your appointment.