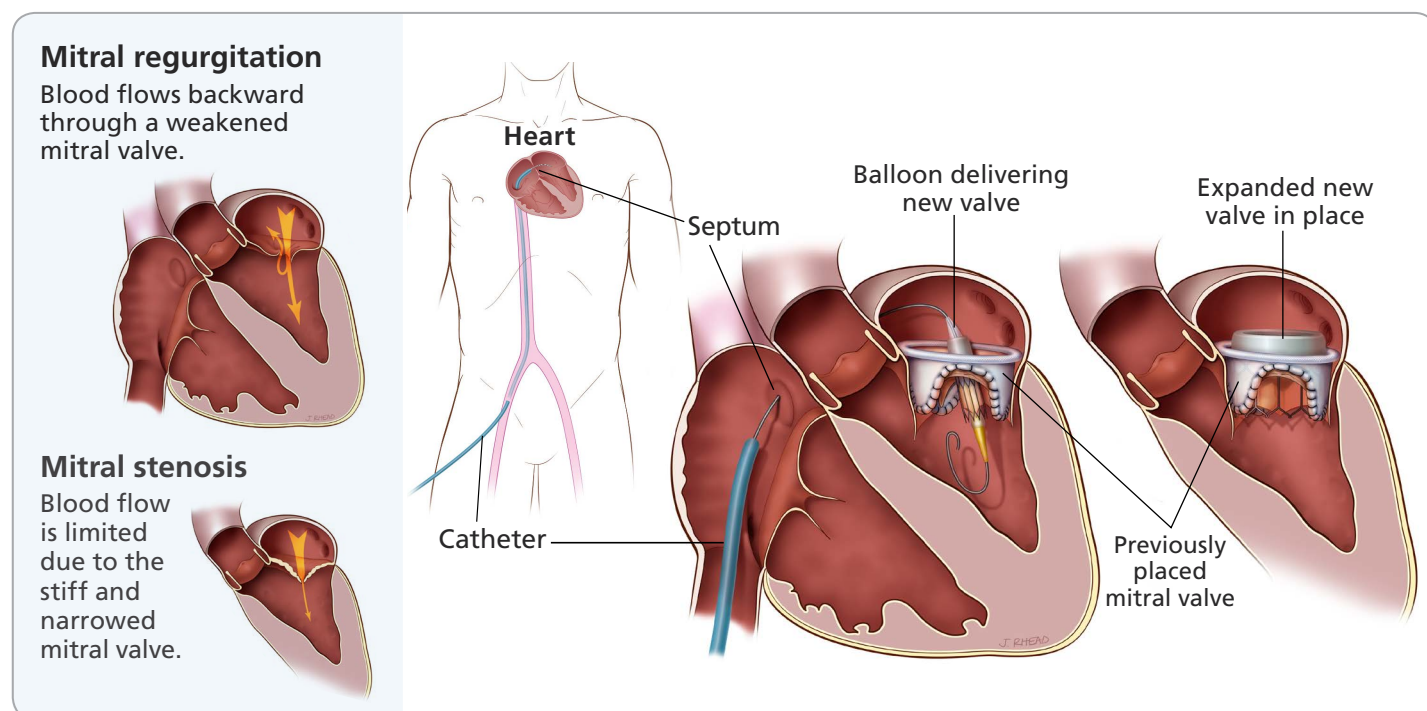


Transcatheter Mitral Valve Replacement (TMVR)

A **transcatheter mitral** [MY-truhl] **valve replacement**, or **TMVR**, is a procedure to fix the mitral valve in a heart that is not working properly. You might need a TMVR if you have **mitral stenosis** or **mitral regurgitation** [ree-gur-jeh-TAY-shun], or if you already have tissue replacement valves and they are no longer working properly. TMVR is a way to fix your valve without having open heart surgery.



Talking with your doctor about TMVR is the most important part of learning about the risks and benefits listed in the table below. Other benefits and risks may apply in your unique medical situation.

Possible benefits	Risks and possible complications	Alternatives
A new valve will work better. This may ease symptoms caused by mitral stenosis or regurgitation, helping you breathe easier and be more active.	<p>Major complications are uncommon. Some of the risks and complications include:</p> <ul style="list-style-type: none"> Continued valve stiffness or narrowness, or leakage in the valve that was treated. These problems may require another procedure or surgery. Damage to the heart muscle or heart valve. This may require open heart surgery to repair. Abnormal heart rhythm. Bleeding, infection, or damage to a blood vessel where the catheter(s) were put into your body. Blood clots. Heart attack or stroke. A reaction to anesthetic medicine or contrast dyes used during the procedure. Death (rare). 	<ul style="list-style-type: none"> Open heart surgery is another way to fix your mitral valve. It's not recommended for people with certain health problems. You may also choose to be treated with medicine only.

How do I get ready before the TMVR?

To prepare for your procedure:

- Make arrangements with someone to take you to the hospital on the day of your procedure.
- Do not eat or drink anything after midnight (12:00 AM) the night before you go to the hospital.
- Do not take any medications after midnight (12:00 AM) the night before your procedure, unless your team tells you otherwise.

After you check into the hospital you will:

- Have blood tests.
- Use a special kind of soap to clean your skin.
- Be connected to a heart monitor.
- Have the hair shaved on your groin and upper legs, and possibly your chest.
- Have lines placed in your arm or hand. These will be used to give you fluid and medications, and monitor your blood pressure.

What can I expect during the TMVR?

You will be given medication to make you sleep. Once you are asleep the doctor will:

- Make a small cut (incision) in your groin.
- Move a narrow, flexible catheter through a vein from your groin to your heart. This will be done with a special x-ray tool called a fluoroscope, which allows the doctor to see where it is in your body.
- Make a tiny cut in the septum—the wall between the right and left sides of the heart.
- Move the catheter to the mitral valve.
- Place the new mitral valve and check it with ultrasound or other imaging to make sure it is working correctly.
- Remove the catheter from your heart.
- Take the catheter out of your body and close the incisions in your groin with stitches.

The procedure takes 2 to 4 hours to complete.

What happens after the TMVR?

After the TMVR, you will go to the intensive care unit (ICU) to rest for at least 3 to 5 hours. There, your healthcare team will manage your pain and symptoms. From there you may be moved out of the ICU.

Every day, including the day of your procedure, you will walk with someone from respiratory therapy to exercise your lungs.

Your doctor will tell you when it's safe for you to go home.

How do I care for myself at home?

- Take your medicines exactly as your doctor ordered. This will help you manage your pain and prevent infection. Pain medicine can cause constipation. You may need to take a stool softener or laxative.
- Do not take a bath, use a hot tub, or go swimming until your doctor says it's okay.
- You will need to take several short walks (5 to 10 minutes) each day. Do not do any heavy exercise, such as running, until your doctor says it's okay.
- Do not do any activity that requires bending or squatting, or lift anything that weighs more than a gallon of milk until your doctor says it's okay.

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