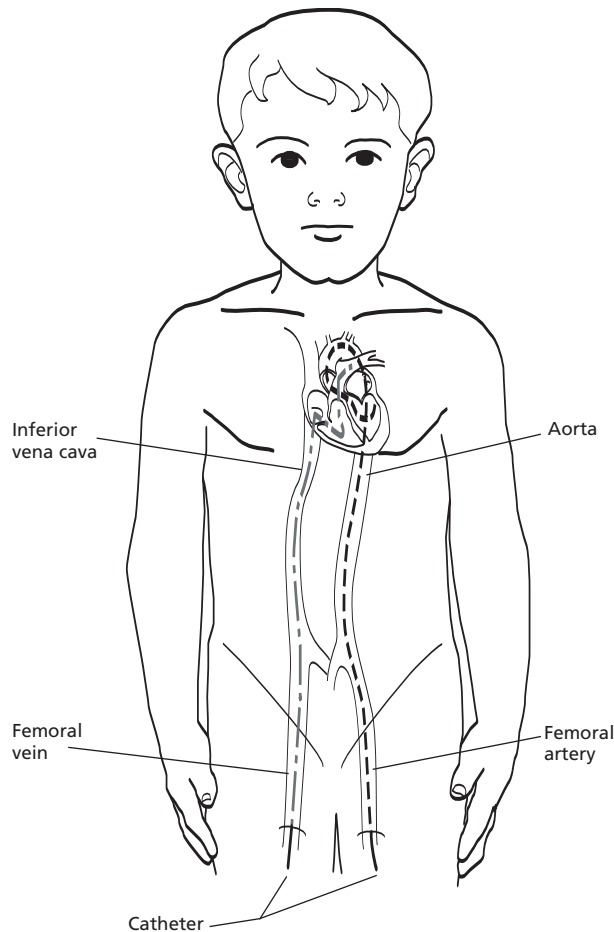


Let's Talk About...

Your child's heart catheterization



A heart catheterization (KATH-e-ter-I-zae-shun) is a procedure that a doctor performs to learn more about your child's heart.

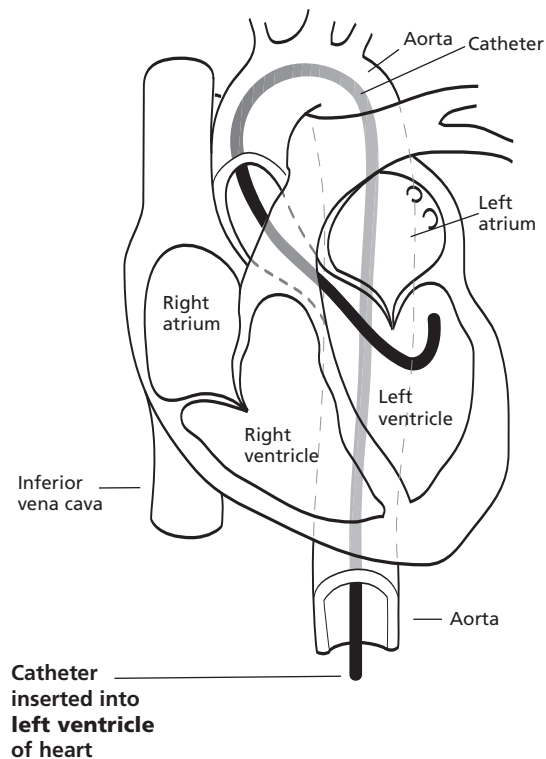
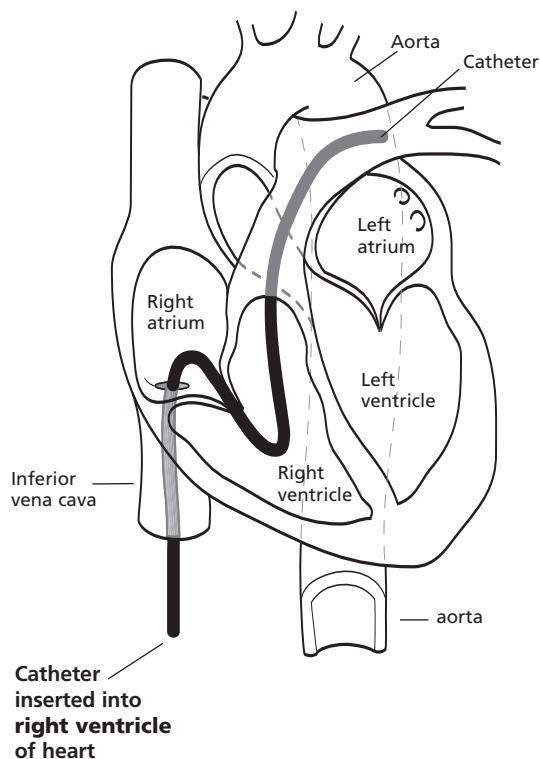
Why does my child need a heart catheterization?

- Heart catheterization is often done before heart surgery so that your doctors will have detailed information about your child's heart.
- A heart catheterization may need to be done because other tests did not provide enough clear information to make a diagnosis of your child's problem.

- A heart catheterization is often done after heart surgery to view the success of the repair.
- A heart catheterization may also be done for one of several reasons:
 - Blocked aortic or pulmonary valves may be expanded using a balloon catheter.
 - Narrowed vessels may also be expanded using a balloon catheter.
 - Coils can be inserted through a catheter to block off vessels.
 - Sometimes devices can be inserted through a catheter to close holes in the heart.
 - Placement of a stent (a mesh tube) in a narrow blood vessel.

How does the procedure work?

- 1** The doctor inserts a small flexible tube, called a catheter, through the femoral vein and/or artery in your child's groin. The catheter is then passed into various vessels and chambers of the heart (*see illustrations on the next page*).
- 2** As the catheter goes through different areas, the doctor obtains pressure measurements and takes very small blood samples to see how much oxygen is in the blood.
- 3** The doctor injects a dye that can be seen with x-ray through the catheter. Using very low-dose radiation, the doctor takes pictures of your child's heart. These pictures, together with the pressure and oxygen level measurements, will tell the doctor more about the defects of your child's heart and how they are affecting him.



What are the risks of heart catheterization?

As with any procedure, there are some risks with heart catheterization. These vary depending on your child's heart defect, age, weight, and state of health. In children older than one year of age, the risk of complication is less than 1/100, but it may be up to 2/100 in a sick newborn. Complications could include:

- arrhythmias (a-RITH-mee-as) (abnormal heart rhythm)
- blocked blood vessels
- bleeding
- infection

The doctor, nurses, and technicians that work in the catheterization lab are prepared to deal with any problems, so a complication rarely becomes life threatening.

What happens before my child's heart catheterization?

We suggest that patients attend a Pre-Surgery Class before the day of the procedure. These are held on Tuesdays, Wednesdays and Thursdays from 4:30-6:00 p.m. at the hospital. The classes teach patients and parents about the hospital, hospital staff, and procedures or surgery. To make reservations, call 588-3685.

The night before the heart catheterization, a nurse from Same Day Surgery will call to tell you the time your child's catheterization is scheduled and what time you need to arrive at the hospital. The nurse will tell you when you should stop giving your child anything to eat or drink.

When you arrive at the hospital, check in at Same Day Surgery, which is on the 2nd floor at the southeast end of the hospital. Your child will be given a hospital gown to wear and a physical examination, including height, weight, temperature, and blood pressure measurements.

To help your child feel relaxed, bring your child's favorite blanket or toy to the hospital. About 30 minutes before going to the catheterization lab, children often receive medication to help them relax during the procedure.

What will happen to my child in the catheterization lab?

Your child will be moved on a bed on wheels to the catheterization lab. When your child arrives, an IV (a tiny, flexible tube inserted into a vein) will be placed, usually in a hand or foot. Nurses and technicians will then move and secure him to an x-ray table. They will also connect heart and oxygen monitors.

The catheterization is done under sterile conditions, so the doctor, nurses and technicians will be wearing caps and masks. Your child's groin area will be washed with a brown anti-septic soap. Then the doctor will put drapes and towels around the area to keep everything sterile. The doctor will numb the groin with local anesthetic (numbing medicine) given through a needle. Most kids say this feels like a pinch or a sting. The doctor will then move the catheters through the large blood vessels in the groin up to the heart.

Your child will probably be very drowsy from the medicine and will sleep during the catheterization. Sometimes a child may need more medicine to keep him relaxed. This will be given to keep your child comfortable. It usually takes two to four hours for the catheterization. You will be given a pager during the time your child is in the catheterization lab. If the staff needs to contact you they will do so by the pager. It is important that you stay in the hospital during your child's procedure.

What will happen when the heart catheterization is completed?

After the heart catheterization, your doctor will discuss the findings with you. Your child will return to the Same Day Surgery recovery room or may be admitted to one of the hospital units. You may be with your child in both of

these areas. Your child may still be drowsy from the medicines.

It is important for your child to keep his leg straight and lie still. An infant may be held still in your arms. Movement may cause the catheterization site in the groin to bleed. As a parent, you can be very helpful by soothing your child and keeping him from moving.

When your child wakes up, he will probably be thirsty or hungry. He will be given clear liquids and then, when fully awake, a regular diet. Clear liquids include water, apple juice mixed with water, or Pedialyte® for younger children. If your child is older, he may be given a Popsicle, Gatorade®, Jello®. You and your child will stay in the Same Day Surgery recovery room for about four to six hours after the catheterization is completed.

What to expect at home:

Your child should stay fairly quiet for about 24 hours following the procedure and should avoid lifting heavy objects for 48 hours.

Encourage your child to drink plenty of fluids.

Your child may

- return to school 48 hours after catheterization if there are no complications.
- shower after 24 hours and bathe after 48 hours.

You may remove the groin dressing 24 hours after discharge.

A nurse from the Catheterization Lab will call you the day after discharge to answer any questions and check on any complications.

Call your doctor if. . .

Call your doctor if you feel frightened or worried about your child's catheterization. You may call Cardiology at (801) 588-2600, or the hospital operator at (801) 588-2000, if it is after 5:00 p.m. Call immediately if your child has:

- **Bleeding.** If bleeding occurs, press firmly on the site with gauze or a towel for 10 minutes without lifting the dressing to

check. Then look for continued bleeding. If bleeding continues, continue to hold pressure and call 911. A small amount of surface bleeding or oozing is not a medical emergency.

- **Color Changes.** If the leg(s) look pale or blue.
- **Temperature.** If your child's temperature is higher than 100 degrees Fahrenheit.
- **Coolness of the leg.** If the catheterized leg is much cooler than the other leg.

Call your doctor if you have any other questions!

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