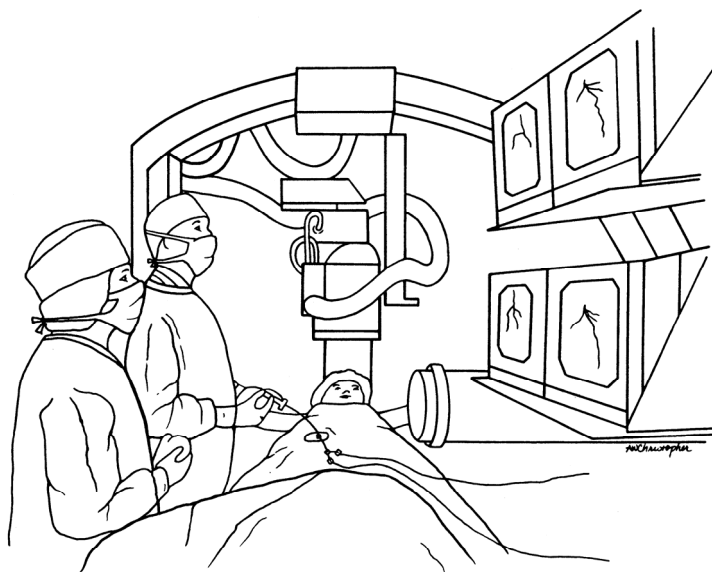


Heart Cath and Heart Angioplasty

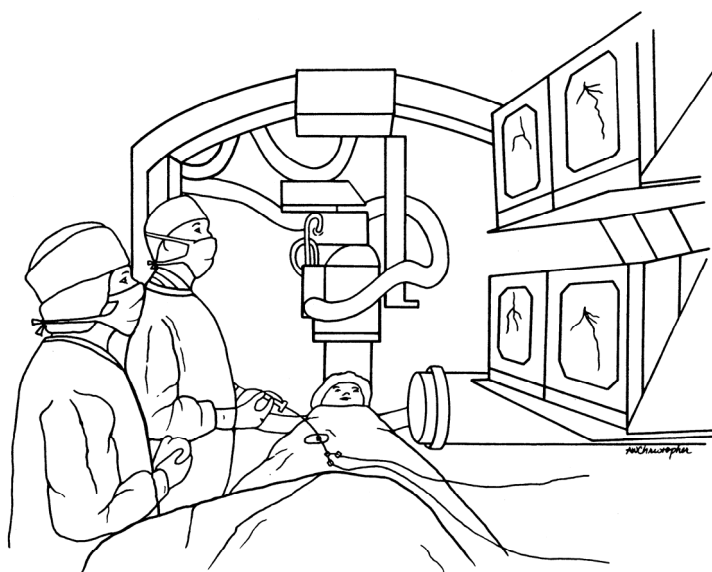


A **heart cath** is also called cardiac catheterization, cardiac cath or coronary angiogram. A heart cath shows blood vessels of the heart and the inside of the heart as it pumps. A tube called a **catheter** is put into a blood vessel in the top of your leg in your groin or in your arm. It is then guided into your heart. Dye is put in through the catheter and x-rays are taken.

Narrowed blood vessels can lead to chest pain or a heart attack. A **heart angioplasty**, also called a PTCA (Percutaneous Transluminal Coronary Angioplasty) or balloon angioplasty, may be done with a heart cath if you have narrowed blood vessels in the heart. With this procedure, a balloon on the end of the catheter will be used to open up the blood vessel to improve blood flow. A **stent**, which is a small, wire tube-like device, may be placed to keep the blood vessel open.

Arrive on time for your procedure. You may need to stay overnight in the hospital. Plan to have an adult family member or friend take you home.

心导管术和心导管气球扩张术



Heart cath（心导管术）亦称为 **cardiac catheterization**、**cardiac cath** 或 **冠状血管造影**，可显示心血管及心脏内部搏动的状况。手术实施时，一根被称作**导管**的管子将插入您大腿根部腹股沟处或手臂处的血管，然后导入到您的心脏，最后向导管中注入染料，拍摄 X 光片。

血管变窄会导致胸痛或心肌梗塞。**心导管气球扩张术**亦称为 **PTCA**（经皮腔内冠状血管成形术）或**气球血管成形术**，如果您的心血管变窄，可在施行心导管术时实施该手术。实施该手术时，将用导管端部的气球撑开血管，从而提高血流量。可以放置一个小型线管状**支架**，使血管保持张开状态。

准时到达进行手术。您可能需要住院一个晚上。请安排一位成年亲友送您回家。

To Prepare

- Your doctor may order some tests such as a chest x-ray, EKG and blood tests.
- Do not eat or drink anything, including water, after midnight before your test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Tell the staff if you have allergies, have asthma or are taking the medicine Glucophage (metformin).

During Your Procedure

- You will wear a hospital gown and lie on a table. You may wear your hearing aids, dentures and glasses. Remove nail polish and contact lenses.
- The lights in the room may be dim and the room may seem cool.
- You will be awake so you can tell the staff how you feel.
- An IV (intravenous) is put into a vein in your arm. Medicine to help you relax and fluids are given through your IV.
- The catheter site, either your groin or your arm, is cleaned. Your groin may be shaved if used.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The doctor numbs the catheter site. This stings for a few seconds. After this, you should only feel pressure and no pain.
- The catheter is put into a large blood vessel and threads it into your heart.
- It is common to feel skipped heartbeats or fluttering. Tell your doctor, but do not be scared

准备工作

- 医生可能会要求您做一些检查，如 X 光胸透、心电图（EKG）和验血等。
- 手术前的午夜之后，不要进食或喝水。
- 询问医生手术当天的早晨是否应服药。如应服药，请仅以小口饮水送服。
- 告诉医疗人员您是否有过敏症、哮喘或正在服用 **Glucophage**（甲福明）。

手术期间

- 您将穿上医院的袍子，并躺在台子上。您可以戴助听器、假牙和眼镜。应除去指甲油和隐形眼镜。
- 室内光线可能比较暗，房间可能感觉比较凉。
- 您将保持清醒，因此能告诉医护人员您的感觉。
- 对您的手臂静脉作 IV（静脉注射）。通过静脉注射的药物帮助您放松。
- 导管插入的部位（即腹股沟处或手臂处）将被清洁。如果是腹股沟，可能要剃毛。
- 将在您的胸部放小垫片以检查您的心脏。男性可能要剃胸毛。
- 将在您的手臂上佩戴血压箍袖。我们会时常检查您的血压和心率。
- 医生对导管插入部位进行麻醉。会有几秒钟的刺痛。在这之后，您只会感到有压力而无疼痛。
- 把导管插入您的大血管，并运行到心脏内。
- 感到心跳停了一下或乱跳一阵是很常见的。应将这种感觉告诉医生，但不要害怕。

- Dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath, cough, take deep breaths or move your arms.
- If you have narrowed blood vessels, the balloon area of the catheter is moved to the narrowed area of the blood vessel. The balloon is made bigger and smaller a few times to open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
- A stent may be placed to keep the blood vessel open.
- Dye is given again to see how much the blood vessel has been opened.
- The catheter is then removed.
- The needle placed in the catheter site may stay in place for several hours.
- When the needle is removed, the blood vessel is closed. The staff will hold pressure on the site for 10-20 minutes so it does not bleed. A stitch, clip or plug may be used to close the site. A clamp may be put on the area for about 1 hour to stop bleeding. A bandage is put over the site after the clamp is removed.

After Your Procedure

In the Hospital

- Your site, pulse and blood pressure will be checked often.
- Your leg or arm needs to be kept straight for 2-6 hours to prevent bleeding.
- Tell your nurse **right away** if the site swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may drink clear liquids until the needle is removed. After that you may return to your normal diet.
- You may have oxygen and a heart monitor in place for a few hours.
- An EKG or blood tests may be done.
- It is common for your catheter site to be tender and bruised.
- Your doctor will talk to you about your procedure.
- Medicines given during the procedure will make you sleepy. You will need to have an adult family member or friend take you home for your safety.

- 注射染料。您可能有几秒钟感到发热或脸发红。
- 染料穿过血管时将拍摄 X 光片。可能要求您屏住呼吸、咳嗽、深呼吸或移动手臂。
- 如果您的血管已变窄，导管的气球将移至血管变窄部位。气球会张大缩小几次，以撑开变窄的血管。您可能会感到胸部有压力，但是压力很快就会减轻。**应将您的感觉告诉医护人员。**
- 可能放置一个支架，使血管保持张开状态。
- 再次注射染料，以查看血管的张开程度。
- 然后取出导管。
- 置于导管插入部位的穿刺针可能留置数小时。
- 取出穿刺针时，血管将闭合。医疗人员将对导管插入部位加压 10-20 分钟，以便止血。可能用缝针、夹钳或塞子来使导管插入部位闭合。可以将夹钳置于导管插入部位约 1 小时用于止血。取走夹钳后，将给导管插入部位绑上绷带。

手术之后

在医院

- 将时常检查您的导管插入部位、脉搏和血压。
- 您的腿或手臂要保持伸直状态 2-6 小时，以防流血。
- 如果导管插入部位肿胀或流血，或者腿部或手臂有疼痛、麻木或刺痛感，应**立刻**告诉您的护士。
- 穿刺针取出之前，您只可饮用透明液体。取出之后，您可恢复正常饮食。
- 您可能需要吸氧并佩戴心脏监控仪数小时。
- 可能要做心电图（EKG）或验血。
- 导管插入部位疼痛和青肿是很常见的。
- 医生将与您谈论手术相关事宜。
- 手术期间注射的药物会使您困乏。为了您的安全，需要有一位成年亲友送您回家。

At Home

- Rest for 24 hours.
- Drink at least eight glasses of liquids today to help your body get rid of the dye.
- Remove the pressure bandage at bedtime and put on a clean band-aid.
- Do not take a tub bath for one week after your procedure. You can take a shower. Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for increased redness, bruising or swelling.
- Do not take the medicine Glucophage (metformin) for two days after the test.
- Do not drive for 2-3 days.
- Do not exercise, run, or lift objects over 10 pounds for three days.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about one week.

Call your doctor right away if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, tenderness, warmth or drainage at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

Talk to the staff if you have any questions or concerns.

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在家里

- 休息 24 小时。
- 当天至少喝 8 杯液体，以便排除体内的染料。
- 睡觉时间取下压力绷带，并贴上干净的邦迪创口贴。
- 手术后 1 个星期不要盆浴。可以淋浴。不要擦洗导管插入部位。
- 淋浴时除去邦迪创口贴。
- 可以不覆盖导管插入部位，也可贴上干净的邦迪创口贴。
- 每天检查导管插入部位，看发红、青肿、肿胀现象是否有所增加。
- 手术后 2 天不要服用 Glucophage（甲福明）。
- 2-3 天内不要开车。
- 3 天不要运动、跑步或举起超过 10 磅的重物。
- 向医生或护士询问其它对活动的限制。您在大约 1 周后就可恢复正常的活动。

如有以下症状，请立刻致电医生：

- 导管插入部位流血不止
- 导管插入部位剧痛或刺痛
- 导管插入部位肿胀、发红、青肿、触痛、发热或有流出物
- 脚或手发冷或变青
- 脚趾或手指活动有困难
- 麻木或虚弱
- 发烧或发寒
- 意识混乱或不太清醒

如果流血不止或导管插入部位肿块变大，**应平躺，压住导管插入部位，并致电 911。**

如有任何疑问，请告诉医护人员。

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