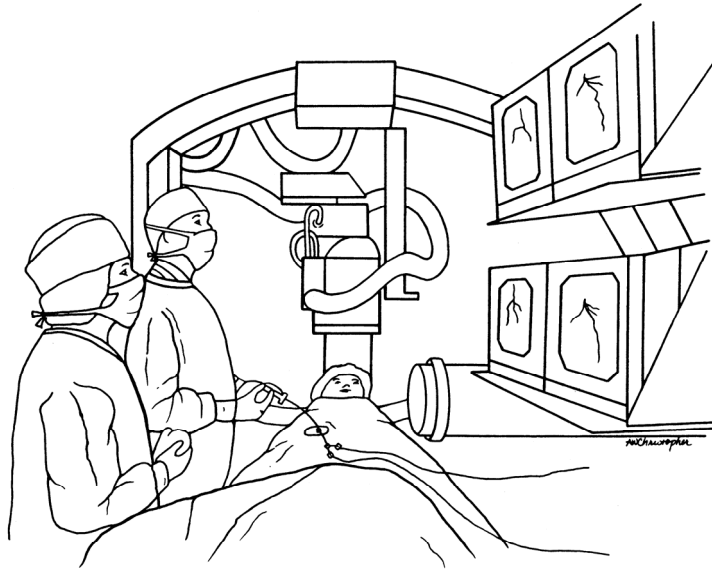


Heart Cath and Heart Angioplasty

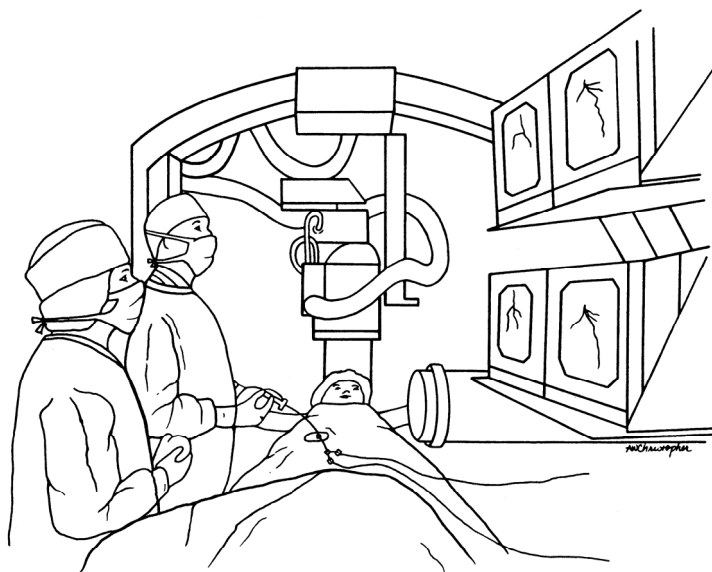


A **heart cath** is also called cardiac catheterization, cardiac cath or coronary angiogram. A heart cath shows blood vessels of the heart and the inside of the heart as it pumps. A tube called a **catheter** is put into a blood vessel in the top of your leg in your groin or in your arm. It is then guided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

心導管術和心導管氣球擴張術



Heart cath (心導管術) 亦稱為 **cardiac catheterization**、**cardiac cath** 或冠狀血管造影，可顯示心血管及心臟內部搏動的狀況。手術實施時，一根被稱作**導管**的管子將插入您大腿根部腹股溝處或手臂處的血管，然後導入到您的心臟，最後向導管中注入染料，拍攝 X 光片。

血管變窄會導致胸痛或心肌梗塞。**心導管氣球擴張術**亦稱為 **PTCA**（經皮腔內冠狀血管成形術）或氣球血管成形術，如果您的心血管變窄，可在施行心導管術時實施該手術。實施該手術時，將用導管端部的氣球撐開血管，從而提高血流量。可以放置一個小型線管狀**支架**，使血管保持張開狀態。

準時到達進行手術。您可能需要住院一個晚上。請安排一位成年親友送您回家。

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

準備工作

- 醫生可能會要求您做一些檢查，如 X 光胸部造影、心電圖（EKG）和驗血等。
- 手術前的午夜之後，不要進食或喝水。
- 詢問醫生手術當天的早晨是否應服藥。如應服藥，請僅以小口飲水送服。
- 告訴醫療人員您是否有過敏症、哮喘或正在服用 Glucophage（甲福明）。

手術期間

- 您將穿上醫院的袍子，並躺在臺子上。您可以戴助聽器、假牙和眼鏡。應除去指甲油和隱形眼鏡。
- 室內光線可能比較暗，房間可能感覺比較涼。
- 您將保持清醒，因此能告訴醫護人員您的感覺。
- 對您的手臂靜脈作 IV（靜脈注射）。通過靜脈注射的藥物幫助您放鬆。
- 導管插入的部位（即腹股溝處或手臂處）將被清潔。如果是腹股溝，可能要剃毛。
- 將在您的胸部放小墊片以檢查您的心臟。男性可能要剃胸毛。
- 將在您的手臂上佩戴血壓箍袖。我們會時常檢查您的血壓和心率。
- 醫生對導管插入部位進行麻醉。會有幾秒鐘的刺痛。在這之後，您只會感到有壓力而無疼痛。
- 把導管插入您的大血管，並運行到心臟內。
- 感到心跳停了一下或亂跳一陣是很常見的。應將這種感覺告訴醫生，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。您可能會有幾秒鐘感到發熱或臉發紅。
- 染料穿過血管時將拍攝 X 光片。可能要求您屏住呼吸、咳嗽、深呼吸或移動手臂。
- 如果您的血管已變窄，導管的氣球將移至血管變窄部位。氣球會張大縮小幾次，以撐開變窄的血管。您可能會感到胸部有壓力，但是壓力很快就會減輕。**應將您的感覺告訴醫護人員。**
- 可能放置一個支架，使血管保持張開狀態。
- 再次注射染料，以查看血管的張開程度。
- 然後取出導管。
- 置於導管插入部位的穿刺針可能留置數小時。
- 取出穿刺針時，血管將閉合。醫療人員將對導管插入部位加壓 10-20 分鐘，以便止血。可能用縫針、夾鉗或塞子來使導管插入部位閉合。可以將夾鉗置於導管插入部位約 1 小時用於止血。取走夾鉗後，將給導管插入部位綁上繃帶。

手術之後

在醫院

- 將時常檢查您的導管插入部位、脈搏和血壓。
- 您的腿或手臂要保持伸直狀態 2-6 小時，以防流血。
- 如果導管插入部位腫脹或流血，或者腿部或手臂有疼痛、麻木或刺痛感，應**立刻**告訴您的護士。
- 穿刺針取出之前，您只可飲用透明液體。取出之後，您可恢復正常飲食。
- 您可能需要吸氧並佩戴心臟監控儀數小時。
- 可能要做心電圖（EKG）或驗血。
- 導管插入部位疼痛和青腫是很常見的。
- 醫生將與您談論手術相關事宜。
- 手術期間注射的藥物會使您困乏。爲了您的安全，需要有一位成年親友送您回家。

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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在家裏

- 休息 24 小時。
- 當天至少喝 8 杯液體，以便排除體內的染料。
- 睡覺時間取下壓力繃帶，並貼上乾淨的邦迪創口貼。
- 手術後 1 個星期不要盆浴。可以淋浴。不要擦洗導管插入部位。
- 淋浴時除去邦迪創口貼。
- 可以不覆蓋導管插入部位，也可貼上乾淨的邦迪創口貼。
- 每天檢查導管插入部位，看發紅、青腫、腫脹現象是否有所增加。
- 手術後 2 天不要服用 Glucophage（甲福明）。
- 2-3 天內不要開車。
- 3 天不要運動、跑步或舉起超過 10 磅的重物。
- 向醫生或護士詢問其他對活動的限制。您在大約 1 周後就可恢復正常的活動。

如有以下症狀，請立刻致電醫生：

- 導管插入部位流血不止
- 導管插入部位劇痛或刺痛
- 導管插入部位腫脹、發紅、青腫、觸痛、發熱或有流出物
- 腳或手發冷或變青
- 腳趾或手指活動有困難
- 麻木或虛弱
- 發燒或發寒
- 意識混亂或不太清醒

如果流血不止或導管插入部位腫塊變大，**應平躺，壓住導管插入部位，並致電 911。**

如有任何疑問，請告訴醫護人員。

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