



Welcome to the Sutherland Heart Clinic

The Sutherland Heart Clinic follows on from the success of its predecessor - the Eastern Heart Clinic - at the Prince of Wales Campus in Randwick. As a satellite facility it has been developed along the same lines. Being doctor owned we are able to provide a consistent clinical focus which translates into the best results for you.

The facility opened in May 2006 and allowed our team to design a brand new private hospital whose focus was interventional cardiology, pacemaker implantation and vascular surgery. The best facility design has been incorporated for your comfort, results and recovery. The Clinic is open Monday to Friday for elective procedures and the staff are on call 24hrs a day for emergencies. There are two catheter laboratories (specialised operating theatres) equipped with the latest technology.

The Clinic's team is committed to providing the best possible care and service and we will ensure that your personal dignity, safety and privacy will be respected and protected at all times. Any treatment offered to you will take place only with your consent following discussion, explanation and disclosure of risk. All information contained in medical records are kept confidential.

This pamphlet has been prepared to acquaint you with the facility and the range of services offered. We hope it will answer many of the questions you may have regarding your forthcoming procedure.

Please read on.

CARDIAC CATHETERISATION

The test to detect the presence of coronary artery disease is called "coronary angiography". It is most commonly referred to as a cardiac catheterisation. The two terms are used interchangeably.

The procedure is performed under local anaesthetic and involves inserting a short plastic tube with a one way valve called a sheath into an artery in the groin, wrist or elbow. Your doctor will select the site usually the right groin.

Through the sheath, thin flexible hollow tubes called catheters are threaded over a guide wire and positioned under X-ray in the heart and/or coronary arteries.

A liquid contrast (X-ray dye) is injected through the catheter and X-ray video pictures are taken.

The test reveals if any of the coronary arteries are narrowed or blocked by plaque (fatty) deposits. At the same time the pumping chamber and valves on the left side of the heart are examined for any abnormalities.

YOUR APPOINTMENT

- ♥ Following the visit to your Cardiologist the secretary will schedule a booking at the earliest time available.
- ♥ You will be sent a letter of confirmation detailing your instructions. You will be required to phone the clinic on the day before your procedure between 12 pm and 3 pm to obtain your admission time and further instructions.
- ♥ Please inform the secretary if you will require accommodation (especially if you have to travel), you are living alone or need an interpreter.

WHAT TO BRING WITH YOU

- ♥ Health insurance details
- ♥ Medicare card
- ♥ Referral letter/s
- ♥ X-rays and pathology results
- ♥ A list of your current medications
- ♥ An overnight bag and toiletries in case a stay in hospital is necessary (include dressing gown and slippers)
- ♥ Reading material

NOTE: Secure lockers are provided for your belongings, however please do not bring large amounts of cash or valuables with you on the day.

PREPARATION

FASTING You will be required to fast for 2 hours prior to your procedure. You may have a light early breakfast and tea/coffee on the morning of the test.

HYGIENE No special requirements - shower or bath as per usual

MEDICATIONS It is very important that you continue to take your regular medications as prescribed including aspirin right up until your procedure, **with the exception of:**

Warfarin If you take the medication Warfarin you will need to consult with your referring cardiologist who will advise you if you need to stop taking your Warfarin 3 days before your procedure. Your cardiologist may also advise that you need to take a substitute anticoagulant (blood thinner). It is very important that you do not stop your Warfarin until you have discussed this with your cardiologist.

Insulin If you are prescribed insulin we suggest you eat a light early breakfast and take half your regular insulin dose. Remind the booking staff that you are on insulin and we will attempt to schedule your procedure as early as possible.

ON THE DAY

PROCEDURE TIME An angiogram takes approximately twenty to thirty minutes. If you have had heart surgery in the past it will take additional time to locate and examine the bypass grafts.

LENGTH OF STAY At least six hours from the time of appointment. For those of you departing by plane do not book flights home earlier than 5.30pm. This will ensure you are fully recovered and can arrive at the airport in plenty of time.

RESULTS OF THE PROCEDURE Your Doctor will inform you of the results of your procedure and the appropriate treatment / management prior to discharge. If you require further intervention, you will be given information on the day.

VISITORS Your immediate family or carers can see you briefly in recovery after the procedure and when you are up and walking around. You may phone family from or receive calls in the recovery area following the procedure.
The staff will advise you of the time your family can collect you.

DRIVING Driving a car increases bruising and swelling at the puncture site and is therefore not permitted for 24 hours after the test. You will need to organise transport home.

DISCHARGE INFORMATION AND CARE The Nurse will discuss your discharge care with you and your family / friend prior to your discharge from the Clinic. You will also be given information if you require further treatment.

GOING HOME Please ensure that you have someone with you at home (overnight) in the rare event you require medical assistance.

Sutherland Heart Clinic



CARDIAC CATHETERISATION

PATIENT INFORMATION GUIDE

Level 2
The Sutherland Heart Clinic
The Kingsway, Caringbah

Level 2, The Sutherland Hospital
The Kingsway, Caringbah, NSW 2229

Hours: 7am - 6pm

Mon - Fri

Phone: (02) 9540 8555

Fax: (02) 9540 8550

Email: info@sutherlandheartclinic.com.au

Website: www.sutherlandheartclinic.com.au

CARDIAC REHABILITATION

is available through the SHARCS Program
Supervisor