

## PREPARATION

**FASTING** You will be required to fast for 6 hours prior to your procedure. You may have a light early breakfast and tea/coffee on the morning of your appointment.

**HYGIENE** No special requirements - shower or bath as per usual.

**MEDICATIONS** It is important that you take your Asprin and Anti-platelet medication (Clopidogrel) and your regular medications as prescribed on the morning of 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.

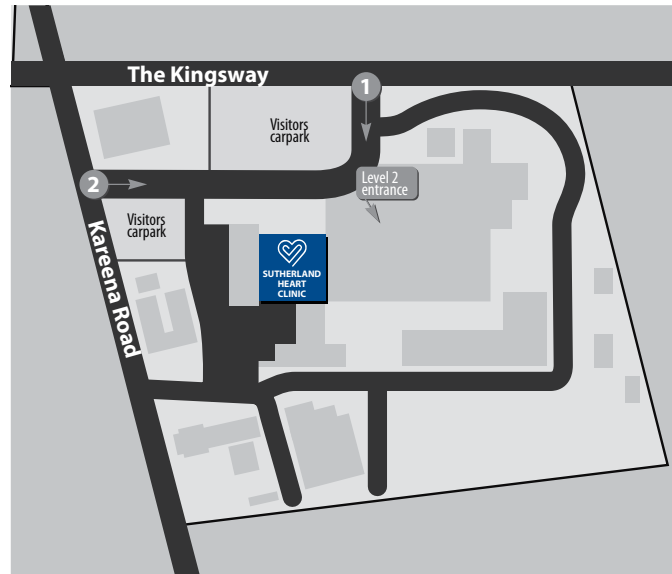
**Insulin** If you are prescribed insulin we suggest you eat a light early breakfast and take half your regular insulin dose. Remind the booking staff that you are on insulin and we will attempt to schedule your procedure as early as possible.

**PROCEDURE TIME** A coronary angioplasty takes approximately ninety minutes depending on the complexity of the anatomy and narrowing.

**LENGTH OF STAY** You will be admitted to the Clinic where you will stay until the time of your angioplasty after which you will be transferred to the Coronary Care Unit. Generally you will stay overnight and be discharged home the following morning.

**VISITORS** Your immediate family or carers can see you briefly in recovery after the procedure. The Coronary Care Unit has set visiting hours and their staff will advise you of the times.

## Sutherland Heart Clinic



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](mailto:info@sutherlandheartclinic.com.au)

**Website:** [www.sutherlandheartclinic.com.au](http://www.sutherlandheartclinic.com.au)



## CORONARY ANGIOPLASTY

### PATIENT INFORMATION GUIDE

Level 2  
The Sutherland Hospital  
The Kingsway, Caringbah

## 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.

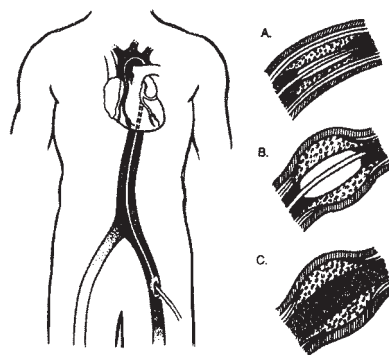
## PERCUTANEOUS TRANSLUMINAL CORONARY ANGIOPLASTY (P.T.C.A.)

PTCA involves opening a narrowed or blocked segment of coronary artery by insertion of a small balloon catheter via the femoral artery in the groin (or occasionally the brachial artery located in the arm). This is performed under sedation and local anaesthetic.

A fine guidewire is introduced through a guide into the coronary artery. A balloon catheter is then inserted over the wire and positioned across the narrowed / blocked segment. The balloon is then inflated. This procedure opens the narrowed artery by compressing the fatty material (plaque) against the wall of the artery and restores blood flow to the area of the heart previously deprived by the narrowed or occluded artery.

It is not uncommon to experience some angina during inflation of the balloon as the coronary artery is temporarily occluded and the heart muscle is deprived of oxygen. This only lasts for a very brief period of time and resolves as soon as the balloon is deflated.

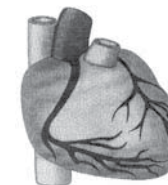
At the same time a stent may be placed in the coronary artery. A stent is a small stainless steel mesh tube that supports the coronary artery and maintains patency.



Reference: Underhill, S.L. et al. Cardiac Nursing, 2nd Ed. p.532.  
J.B. Lippencott Company.

## YOUR APPOINTMENT

- ♥ Following your coronary angiogram the Cardiologist will schedule a booking at the earliest time available.
- ♥ A letter of confirmation will be sent to you detailing your instructions.
- ♥ You will be required to phone the Clinic on the day before your procedure between 12 pm and 3 pm for your admission time and further instructions.
- ♥ Please inform the secretary if you require accommodation (especially if you have to travel) or need an interpreter.
- ♥ You will be required to stay in hospital overnight in the Coronary Care Unit.



## 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
- ♥ 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.

**CARDIAC REHABILITATION**  
is available through the SHARCS Program  
Supervisor