

A left heart cath is a test to look at the arteries surrounding your heart. A catheter goes through your artery up to the top part of your heart and injects dye. We are then able to see any blockages that you may have on our x-ray machine.

Discharge Instructions

- Make sure to drink plenty of water today to help flush that dye through your system. The sedation we use for this procedure is called conscious sedation. We use medications to make you sleepy enough to breathe on your own. You will not have a tube down your mouth or be completely put to sleep like in OR. The sedation we use can cause side effects such as nausea or drowsiness.
- The heart cath can either be done through your wrist or your groin artery. If we went through your wrist there will be a band on your wrist that has a balloon in it holding pressure against your artery to keep you from bleeding. It will be removed before you leave and covered with a band aid.
- When you leave here you are to not push, pull or lift anything more than 10 lbs for 5 days if the cath was done through your groin and 5 lbs for 3 days if the cath was done through your wrist. Once you are stronger you can go back to your normal exercise routine.
- You can drive in 2 days
- You can return to work in 2 days.
- No lotions, powders or tub baths for one week.
- Do not submerge your wrist in dirty dishwater.
- Keep your puncture site clean and dry.
- Change your band aid daily for the next 5 days on your groin or the next 2 days on your wrist.

- Call the cardiology clinic or the Hays Med helpline if your procedure site is swollen, red or has pus coming out of it. If you have fevers, chills, coughs or feeling achy. If your skin is itchy, swollen or has a rash.
- You will need to arrange a ride home from discharge. You cannot drive yourself home.
- If you have a stent put in your heart, then you will stay the night in the hospital.

Seek care immediately if:

- You have a large bruise on your puncture site. A small amount of bruising is normal, but it is not normal for the bruise to go up your arm or down your leg or into your stomach. The site should be soft and there should be no hard lumps under your skin.
- Your groin, arm or hand used for the heart cath becomes numb, hurts a lot or changes color.
- If you start bleeding. We always remind everyone, we went through an artery today rather than a vein like your IV. You will know if your artery starts bleeding, and if this happens you need to hold firm pressure on it and go to the ER. Sometimes you can bleed under your skin and get what is called a hematoma. If this happens you need to call the clinic or if they are not open, hold firm pressure on it for 30 minutes, let up slowly. If it is bleeding go to the ER and do not drive yourself.

Signs and symptoms of heart attack:

- Discomfort in your back, neck, jaw, stomach or arm.
- Shortness of breath
- Nausea or vomiting
- Lightheadedness or sudden cold sweats

Questions

Call 785-625-4699 – DeBakey Heart Institute
855-429-7633 – Hays Med ONE CALL

Visit our website
using this QR code to
access videos about
your procedure.



Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer
 Hays Medical Center
 2220 Canterbury Drive
 Hays, Kansas 67601
 Telephone Number: 785.650.2759
 TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711
 Fax: 785.623.5524
 Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Room 509F, HHH Building
 Washington, D.C. 20201
 1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

VIETNAMESE

CHÚ Ý: Nếu bạn nói tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

CHINESE

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-429-7633 (TTY: 1-800-766-3777)。

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777) 번으로 전화해 주십시오.

LAOTIAN

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ, ຄວນມີໃຫ້ທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

ARABIC

ملحوظة: بالمجان لك توافر اللغوية المساعدة خدمات فإن، اللغة انكر تتحدث كنت إذا: ملحوظة 1-855-429-7633 (TTY: 1-800-766-3777).

TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။
 ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txoj lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

PERSIAN (FARSI)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. یا (TTY: 1-800-766-3777) 1-855-429-7633 تماس بگیرید.

SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata, huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).

