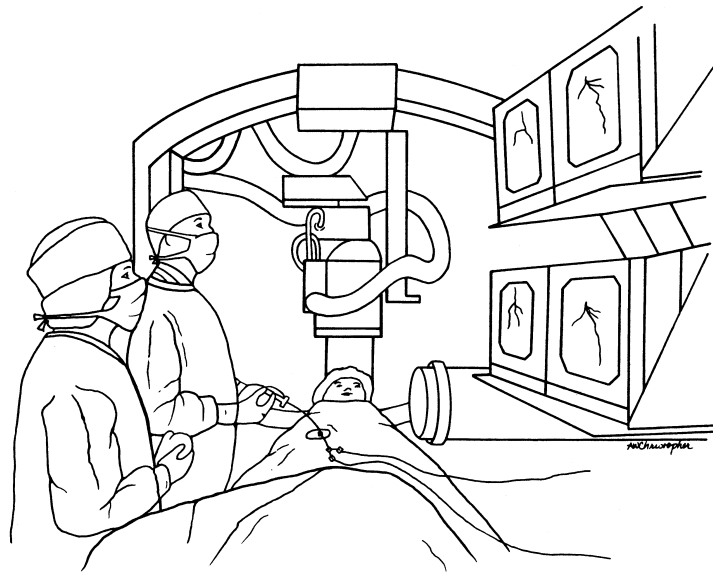


Heart Cath



This test is also called a cardiac catherization 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 vein at 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.

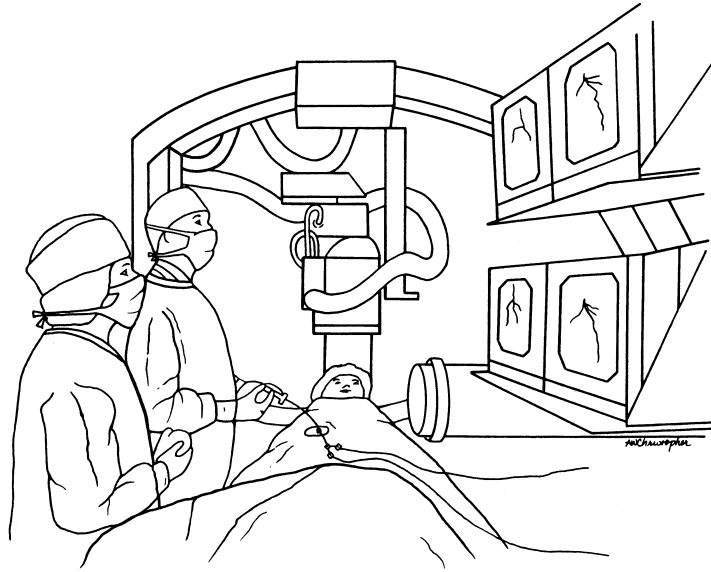
Arrive on time for your test. The test takes about 1-2 hours. Plan to be here about 4 hours to be checked after the test.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone. Your family is to wait during the test.

To Prepare

- Do not eat or drink anything, including water, after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.

心脏导管



此测试也称为心导管检查或冠状血管造影。心脏导管显示心血管及心脏内部泵动的状况。在您大腿根的腹股沟或上臂处，一根称为导管的管子将放入静脉中。然后将它导入您的心脏。导管中涂有颜料，然后拍 x光片。

请准时到达做测试。测试约需 1-2 小时。请计划测试之后在此接受约 4 小时的检查。

一个成年家人或朋友需要和您同来，在测试之后带您回家。您独自开车来或开车离开不安全。测试时您的家人要等候。

准备工作

- 在测试前的午夜之后不要吃喝任何东西，包括水。
- 询问您的医生测试当天的早晨您是否应服药。如应服药，请只小口饮水送服。

Heart Cath. Simplified Chinese.

- Tell the staff if you have allergies, have asthma, or are taking the medicine Glucophage.

During the Test

- You will wear a hospital gown.
- You may wear your hearing aids, dentures, and glasses. Remove nail polish and contact lenses.
- You lie on a table.
- An IV (intravenous) is put in a vein in your arm. Medicine may be given through the IV to help you relax.
- The catheter site, either your groin or your arm, is cleaned. Your groin is 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 during the test.
- The doctor numbs your catheter site. This stings for a few seconds. After this, you should only feel pressure and no pain.
- The lights are turned down so the doctor can see the screen.
- The catheter is put into your blood vessel and threaded into your heart.
- As the catheter passes into your heart, you may feel skipped heartbeats or fluttering. Tell your doctor, but do not be scared. This is common.
- 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 at times.
- Tell the staff if you feel any pain during the test.
- When the test is done, the catheter is removed. Pressure is put on the site for 10-20 minutes so it does not bleed. A stitch or plug may be used to close the site. A clamp is put on for about 1 hour to stop bleeding. A bandage is put over the site after the clamp is removed.

- 请告诉医疗人员您是否有过敏、哮喘或是否正在服Glucophage。

测试期间

- 您将穿医院的袍子。
- 您可戴助听器、假牙和眼镜。请除去指甲油和隐形眼镜。
- 您躺在一张台子上。
- 将给您的上臂静脉作 IV(静脉注射)。可能会静脉注射药物帮助您放松。
- 导管部位，即腹股沟或上臂处将被清洁。如选腹股沟就要剃毛。
- 将在您的胸部放小垫片检查您的心脏。男性可能要剃胸毛。
- 要您的手臂戴血压箍袖。测试期间将检查您的血压和心率。
- 医生将麻醉您的导管部位。会有几秒钟的刺痛。在这之后，您应当只感到有压力而无疼痛。
- 灯光将调暗以便医生能看荧屏。
- 会将导管放入您的血管并穿入您的心脏。
- 导管进入您的心脏时，您可能会感到心跳停了一下或乱跳一阵。将感觉告诉医生，但不要害怕。这很常见。
- 将注射颜料。您可能有几秒钟觉得发热或脸发红。
- 颜料穿过血管时将拍 x 光片。您可能不时被要求屏住呼吸。
- 测试期间若感到任何疼痛请告知医疗人员。
- 测试完成时，将除掉导管。将给手术部位加压力 10-20 分钟，使其不再流血。闭合手术部位将缝针或用堵塞。将放上一个夹子约 1 小时用于止血。夹子除掉后将给手术部位上绷带。

Heart Cath. Simplified Chinese.

After the Test

- You will be taken to another bed. You will rest for about 4 hours.
- Staff will check you often.
- Keep your leg or arm straight 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 can eat and drink.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- Test results are sent to your doctor. Your doctor will share the results with you.

Your Care at Home

Today

- Rest at home.
- Limit stair climbing.
- Drink 8 cups or 2 liters of liquids (non-alcoholic) to flush the dye out of your kidneys.
- Eat your normal diet.
- Remove the bandage at bedtime and put on a clean band-aid.
- Keep the site dry. Do not shower or bathe.

Other Care

- Do not take a tub bath for 1 week after the test. You can take a shower. Do not scrub the site.
- Do not take the medicine Glucophage (metformin) for 2 days after the test.
- Do not drive for 2-3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.

测试之后

- 会将您移到另一张床上。您将休息约 4 小时。
- 医疗人员会时常检查您。
- 将您的腿或手臂伸直以防流血。
- 如果手术部位肿胀或流血，或如果您感到疼痛、麻木或腿部或手臂刺痛，请立刻告知护士。
- 您可吃喝。
- 测试期间注射的药物会使您困乏。为了您的安全，您将需要一个成年家人或朋友带您回家。
- 测试结果会送给您的医生。您的医生会告知您结果。

在家中的护理

当天

- 在家休息。
- 限制爬楼梯。
- 饮 8 杯或 2 公升液体(非酒类)，将颜料从肾中排掉。
- 吃正常饮食。
- 睡觉时间除去绷带，贴上一个干净的创口贴。
- 保持手术部位干爽。不要淋浴或盆浴。

其他护理

- 测试之后 1 个星期不要洗盆浴。您可冲淋浴。不要用力擦洗手术部位。
- 测试之后 2 天不要服 Glucophage 即盐酸二甲双胍 (metformin—格华止)。
- 2-3 天不要开车。
- 测试之后 3 天不要锻炼、跑步或举起超过 10 磅或 4.5 公斤的重物。

Call your doctor **right away** if you have:

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

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 your doctor or nurse if you have any questions or concerns.

如有以下症状请**立刻**打电话给您的**医生**：

- 手术部位流血不止
- 发烧或发寒
- 麻木或虚弱
- 意识混乱或不太警醒
- 肿胀、发红、青肿或手术部位有触痛
- 有流出物或手术部位发热
- 脚或手发冷或变青
- 移动脚趾或手指有困难
- 手术部位剧痛或刺痛

如果流血不止的或手术部位肿块变大，**请平躺，压住手术部位并拨打911。**

如有任何疑问或关注事宜，请告知您的医生或护士。

Heart Cath. Simplified Chinese.

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