



Patient & Family Guide
2017

Cardiac Day Unit

Aussi disponible en français :
Unité de soins cardiaques de jour (FF85-1729)



www.nshealth.ca

Cardiac Day Unit

You and your doctor have talked about a cardiac catheterization (dye test), coronary intervention (balloon or stent), catheter ablation, or an ASD (atrial septal defect) or PFO (patent foramen ovale) closure.

If you are having a cardiac catheterization or catheter ablation, you do not need to stay overnight. **A responsible adult must take you home and stay with you overnight.**

If you are having a coronary intervention or PFO closure, you may have to stay overnight.

If you are having an ASD closure, you will have to stay in hospital overnight and will usually be discharged home around noon the next day.

**What are your questions?
Please ask. We are here to help you.**

What is a cardiac catheterization (dye test)?

This test is used to find out how well your heart muscle and valves are working. It also shows how well the arteries that supply the heart muscle with oxygen are working.

- You will get a mild sedative to help you relax. The doctor will then freeze your groin or wrist area. You may feel slight discomfort during the freezing.
- Small catheters (tubes) will be passed through an artery and/or vein in your groin or wrist to your heart chambers. These tubes will measure the pressure in the chambers.
- A special dye will be injected into your heart chambers and arteries. This will show the doctors how well the heart muscle is pumping and if the valves are opening and closing well. The doctor will also see if the arteries are blocked.
- The test takes about 1 hour.
- You will be on complete bed rest for 3-4 hours after the test if the groin area was used. This will help prevent bleeding and give the puncture site time to heal.

What is a coronary intervention (balloon or stent)?

A coronary intervention is a non-surgical treatment used to open blocked arteries in the heart.

- You will get a mild sedative to help you relax. The doctor will then freeze your groin or wrist area. You may feel slight discomfort during the freezing.
- A small catheter (tube) will be passed through the artery in your groin or wrist to your heart. The catheter has a small balloon on the tip.
- Once the catheter is placed at the site of the blockage, the balloon is inflated and deflated several times. This stretches the artery and flattens the plaque (fatty deposits) against the artery wall.
- Stretching the artery makes room for blood to flow to the heart muscle.
- The doctor may also place a stent in the artery. A stent is a mesh-like tube made of stainless steel which will hold your artery open.
- You will be on complete bed rest for 3-4 hours after the procedure if the groin area was used. This will help prevent bleeding and give the puncture site time to heal.

What is a catheter ablation?

A catheter ablation is used to treat certain kinds of heart rhythm problems. A special kind of energy is used to burn or destroy the part of your heart's electrical system that is causing the problem. After a successful catheter ablation, you will not have your heart rhythm problem anymore.

- You will get a mild sedative to help you relax. The doctor will then freeze your groin area. You may feel slight discomfort during the freezing.
- Small catheters (tubes) will be passed through a vein in your groin to your heart. The doctor will place the tip of one of the catheters on the spot in your heart that is causing the problem. Sometimes it takes a lot of time for the doctor to find the right spot.
- Once found, a small amount of energy will be sent through the catheter to burn the spot.
- The procedure takes about 2-4 hours.
- You will be on complete bed rest for 3-4 hours after the procedure. This will help prevent bleeding and give the puncture site time to heal.

What is an ASD/PFO closure?

You have a “hole” in the wall between the 2 upper chambers of your heart. This hole may damage your heart and lungs if it is not fixed. This procedure will fix the hole.

- You will get a mild sedative to help you relax. The doctor will then freeze your groin area. You may feel slight discomfort during the freezing.
- A small catheter (tube) will be passed through a vein in your groin to the hole in your heart. The doctor will measure the size of the hole.
- A special device will be passed through the catheter to the hole. It will cover the hole like a patch.
- The procedure takes about 1-2 hours.
- You will wake up in the recovery area and then return to your room in the Cardiac Day Unit. You will be on complete bed rest for 3-4 hours.
 - › ASD closure patients will stay overnight in the hospital.
 - › PFO closure patients may be discharged home or stay overnight. Your doctor will talk about this with you to decide what is best.

Where do I go on the day of my procedure?

Please go directly to the nursing station on the Cardiac Day Unit at the **Halifax Infirmary**. Please arrive at the time given in your appointment letter. The Booking Clerk will let you know what you can or cannot eat or drink before your appointment as well as any instructions regarding your medications.

Where is the Cardiac Day Unit?

- From the **Summer Street** entrance of the Halifax Infirmary, take an elevator to **Level 6**. Follow the signs to the nursing station on **6.1**.
- From the **Robie Street** entrance of the Halifax Infirmary, follow the **Summer Elevator** signs. Take the elevator to **Level 6**. Follow the signs to the nursing station on **6.1**.

Where will I stay the night before my procedure?

Appointments at the Cardiac Day Unit start very early in the morning. Depending on the time of your appointment and how far you have to travel, you may wish to stay close to the hospital the night before your procedure.

Where will I stay on the night of my procedure?

If you are having a cardiac catheterization (dye test) or catheter ablation, you do not need to stay overnight.

If you are having an ASD closure, you will stay in hospital overnight. If you are having a coronary intervention or PFO closure, you may stay in the hospital overnight. If your wrist area was used (instead of your groin) and you live within 50 km of Halifax, you may be able to go home. Your doctor will talk about this with you.

If you are discharged on the day of your procedure, you can go home or stay with family or friends. You must stay within 50 km of Halifax. If this is not possible, our Booking Clerk can arrange for you to stay at Point Pleasant Lodge. If you need to stay at the Lodge, please fill out the booking request form in your appointment information package and a room will be booked for you and an escort.

You must call the Lodge by 10 a.m. on the day of your procedure to confirm your booking or your room may be given away. Staff at the Lodge are available 24 hours a day by calling 902-421-1599.

Depending on which province you live in, your stay at Point Pleasant Lodge may or may not be paid for by your provincial health care program. Please check with your provincial healthcare provider.

NB residents:

506-684-7901 or toll-free: 1-888-762-8600

PEI residents:

902-838-0900 or toll-free: 1-800-321-5492

NL & Labrador residents:

709-292-4010 or toll-free: 1-800-563-1557

More information on Point Pleasant Lodge is available by calling 902-421-1599 or at www.pointpleasantlodge.com.

May I stay alone on the night of my procedure?

No. If you have a cardiac catheterization, coronary intervention, or catheter ablation, a responsible adult must come to the 6.1 Cardiac Day Unit to pick you up. A responsible adult must stay with you on the night of your procedure.

Will I be able to drive my car after my procedure?

If you are having a cardiac catheterization or an ASD or PFO closure, **you must not drive for 24 hours** after the procedure.

If you are having a catheter ablation or angioplasty, **you must not drive for 48 hours after** the procedure.

If you are given sedation for any procedure, **you must not drive for 24 hours** after the procedure.

When will I be able to go back to work?

This depends on the type of work you do. Your doctor will talk about this with you. We suggest you tell your employer that you will be away from work for at least 3 days after your procedure.

What should I bring with me?

- Your provincial health care card and any private health insurance card(s).
- All medicines that you are currently taking, in their original containers, including any over-the-counter medicines. Any medicines you need during your stay will come from your own supply. Please bring your own insulin pens, if needed.

- A personal directive, if you have one. A personal directive can be a living will and/or a document appointing someone to make decisions for you, if needed. This document must be signed by you and witnessed by someone other than the person you have chosen to make decisions for you. **Do not bring your will with you.**
- Items that may help you pass the time (e.g. a book, or a small craft).
- Loose, comfortable clothing and good walking shoes.
- Personal care items, such as a dressing gown, slippers, and a toothbrush.
- Any food items you will need, if you have special diet restrictions.

What should I not bring with me?

- Do not bring anything valuable to the hospital. Leave credit cards, jewelry, and cell phones at home. If you must bring something valuable, remember that the hospital is not responsible for missing items. Please bring only enough money for 1 day.

What other services are offered at the Halifax Infirmary?

- You can arrange to have phone and/or TV service in your room if you are staying overnight.
- There is a convenience store, gift shop, and Tim Hortons.
- Bank machines are available.
- The Spiritual Care Department provides a 24-hour on-call service. You can contact them directly or ask the nurses on your unit for help.
- The chapel on Level 1 is open to everyone.
- The patient representative can help you with any concerns not resolved by other staff members. They will work with all departments on your behalf. Please ask the nurses on your unit for the name and phone number of the Halifax Infirmary patient representative.
- Information about patients' rights and responsibilities, in areas such as privacy and informed consent, is available in the *Patients' Rights and Responsibilities* pamphlet or contact our Patient Relations team:
 - › Email: healthcareexperience@nshealth.ca
 - › Phone: 902-473-2133
 - › Toll-free: 1-855-799-0990

As a patient at the Halifax Infirmary, you have the right to be treated with respect and dignity at all times, and you have a responsibility to treat others in the same way.

Where can I park?

There is parking at the Robie Street entrance. Parking rates per half hour and daily maximums are posted.

If you are unable to keep your appointment for any reason, please call the Cardiac Day Unit at 902-473-7070 as soon as possible.

Questions for your doctor or nurse:

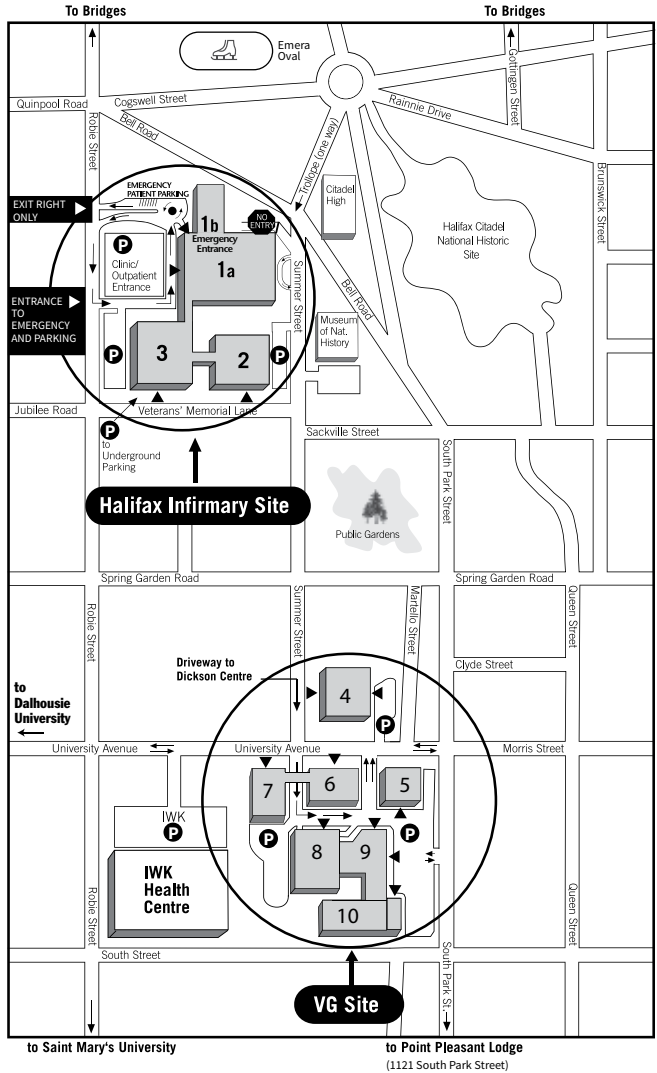
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site | |
|------------------------|---------------------------------------|
| 1a. | Halifax Infirmary |
| 1b. | Emergency Dept. |
| 2. | Abbie J. Lane Memorial Building |
| 3. | Camp Hill Veterans' Memorial Building |
| VG Site | |
| 4. | Nova Scotia Rehabilitation Centre |
| 5. | Bethune Building |
| 6. | Mackenzie Building Laboratories |
| 7. | Centre for Clinical Research |
| 8. | Dickson Building |
| 9. | Victoria Building |
| 10. | Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health Authority
www.nshealth.ca

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The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.