

## ON THE DAY OF YOUR CATHETERIZATION

### Transportation

On the day of your procedure, you will come to the St. Luke's Cornwall Hospital campus at 70 Dubois Street in Newburgh. ***It is important that you have someone drive you to and from the hospital.*** The medications used during the catheterization can make you drowsy, and you will not be allowed to drive yourself home.

### At the Hospital

Upon arrival, you should check in at the information desk in the main lobby. They will direct you to the registration office. From there, you will be escorted to the Cardiac Catheterization Lab where you will be prepared for the procedure in the holding area. Your family will be able to wait with you before the physician sees you.

You will be given a hospital gown and asked to use the restroom before your procedure. All of your clothing will be stored safely in a hospital bag clearly marked with your name. Please do not wear jewelry and leave other valuables such as money and credit cards at home or with your family.

You will be given an IV with fluids and/or medication before, during and after your procedure.

The nursing staff will ask you questions about your health. They will review the procedure and ask you to sign a consent form before the catheterization.

## HOSPITAL INFORMATION

Phone.....(845) 561-4400

Web Site.....www.stlukescornwallhospital.org

### Parking

The garage at our Newburgh campus makes parking convenient, safe and secure. Located right on Dubois Street, the garage is connected to the hospital by an enclosed pedestrian bridge. Self-service pay stations are located on the first and third levels of the garage. Valet parking is also available at the front entrance of the hospital for a flat fee of \$5 per day. The valet service is open from 6 a.m. - 9 p.m. Monday through Friday and 8 a.m. - 4 p.m. on weekends and holidays.

### Directions

**From New Paltz and points North:** Take I-87 South toward New York City. Use the I-84 exit, Exit 17, toward NY-300/NY-17K/Scranton/Newburgh. Merge onto I-84 East toward Danbury. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W South/NY-32. Turn left onto South Street. Take first right onto Dubois Street.

**From Fort Montgomery and points South:** Follow US-9W North. Turn right on Broadway/NY-32/NY-17K. Turn left on Dubois Street.

**From Fishkill and points East:** Merge onto I-84 West/NY-52 West toward Newburgh/Newburgh Beacon Bridge. Take the NY-32 exit, Exit 10S, toward Newburgh/US-9W S/Mount Saint Mary College. Merge onto N Plank Rd/NY-32 toward Newburgh/West Point. Turn right onto Route 9W/US-9W S/NY-32. Continue to follow US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

**From Middletown and points West:** Merge onto I-84 East toward Newburgh. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

***If you have any questions about your procedure, please contact Jennifer Wittekind, Clinical Coordinator, at (845) 784-3822.***



**NEW PATIENT REGISTRATION**

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Middle: \_\_\_\_\_

SSN: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Referring Doctor: \_\_\_\_\_ Age: \_\_\_\_\_

Care Doctor: \_\_\_\_\_ Work: \_\_\_\_\_

SLCH#3176 0718

St. LUKE'S CORNWALL HOSPITAL  
With you for life.

A Member of the  
**Montefiore**  
HEALTH SYSTEM, INC.

## CARDIOVASCULAR INSTITUTE



Your guide to preparing for  
a cardiac catheterization

WWW.STLUKESCORNWALLHOSPITAL.ORG



## WHAT IS A CARDIAC CATH?

A cardiac catheterization is an x-ray that uses dye to see how the blood flows through the heart. If a blockage is found, the doctor will speak to you regarding a stent. A stent is a small tube made of wire mesh that is used to help keep an artery open and decrease the risk of further narrowing.

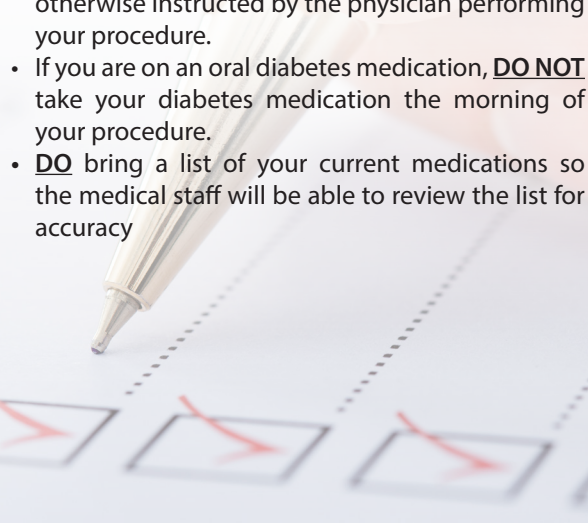
## PREPARING FOR YOUR CATHETERIZATION

### Your doctor will ...

- ✓ Review your health history
- ✓ Do a physical exam
- ✓ Order blood tests and an EKG

It is important to tell your doctor if you are allergic to x-ray dye. Your doctor will give you medications to prevent allergic reactions such as rash, difficulty breathing or nausea and vomiting.

You will receive a phone call from the patient navigator the day before your scheduled visit in order to review the pre-procedure instructions and answer any questions you may have.

- **DO** eat normally the night before your catheterization, but **DO NOT** eat or drink anything after midnight except a small sip of water with your medications.
  - **DO** take all of your usual medications unless otherwise instructed by the physician performing your procedure.
  - If you are on an oral diabetes medication, **DO NOT** take your diabetes medication the morning of your procedure.
  - **DO** bring a list of your current medications so the medical staff will be able to review the list for accuracy
- 

## THE CATHETERIZATION PROCEDURE

### Moving Into the Lab

After being moved to the lab on a stretcher, you will be placed onto the x-ray table. You will lie on your back with a pillow under your head. The procedure area is kept cool in order for the equipment to function properly. If necessary, the nurse will give you blankets to keep you comfortable.

Prior to the start of the procedure, a nurse will ask you to review personal information such as name, date of birth and the name of the procedure. This is required before all medical procedures and is done for your safety.

### Preparing the Arterial Area

An area on your groin or wrist will be shaved and cleaned with special soap. You will be asked to keep your hands by your side to keep the chosen area sterile and decrease the risk of infection. A large sheet will be placed over you to keep you warm and maintain the sterile area.

### The Procedure

The insertion site of the catheter will be numbed with a local anesthetic similar to the medicine used by dentists. Once the skin is numb, you will only feel pressure at the site during the procedure. Alert the nurse if you have pain or discomfort at any time during the procedure.

The catheterization is usually complete within 30-45 minutes. When the catheter is in place, a dye is injected to take a picture of your arteries. You may feel a warm sensation in your arms, legs and abdomen for a few seconds as the dye is injected.

A large camera will be taking the pictures and you will be asked not to move. The pictures that are being taken will allow the doctor to see if there are any blockages in your arteries.

An angioplasty may be recommended to treat the blockages within your arteries. This involves passing a balloon and a stent into the arteries to open the blockages. The doctor will be able to do this immediately, and you will not need to be moved off the table to have this completed.

During your procedure, your family may wait in the waiting area directly outside the lab. It is a comfortable environment with educational resources and refreshments.

## POST-CATHETERIZATION

### Catheter Removal

After your catheterization is completed, you will be moved back onto a stretcher or bed. The catheter will be removed from the artery. This part of the procedure is not painful, but may be uncomfortable. If you have a stent placed, you will need to stay overnight. If not, you will be kept for a few hours in recovery. You will need to lay flat for a few hours if the physician has used your groin to access your artery. If you had your procedure done through the wrist, you will be allowed to sit up, but will need to be watched for a period of time to ensure there is no bleeding at the insertion site.

### Going Home

After a few hours, the staff will review your discharge instructions with you. They will make sure you understand all of the instructions given and that your questions regarding activity, return to work and care of the access site are answered prior to discharge.

*If you are an inpatient, you will receive your discharge instructions, date and time from your primary care physician.*

### Follow-Up

Even after you leave the hospital, the SLCH Cath Lab remains available to you. On the day after your procedure, you will receive a phone call from a nurse to check on your condition and answer any questions.

### Care Transitions Program

With recent changes in healthcare law, organizations are striving to provide quality, cost-effective care while achieving the best possible outcomes for their patients. One important focus is navigating or "transitioning" the patient through the healthcare system. Since its inception in 2012, the Care Transition Program (CTP) at SLCH has helped achieve reductions in readmissions for congestive heart failure (CHF), acute myocardial infarction (heart attacks) and pneumonia.

The Care Transitions team can be reached at (845) 568-2190.