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How to prepare for a Radial Artery Heart Catheterization:

Your test will take place at The Reading Hospital and Medical Center.

Your Physician performing the procedure: _____

Date of Procedure: _____ **Time:** _____

You will be asked not to eat or drink 6-8 hours prior to your test. A full explanation of the procedure and risks associated will be discussed before you give signed consent for the Catheterization. It is important to tell your doctor if you:

- ✓ Have had a bad reaction to contrast material or iodine in the past.
- ✓ Are allergic to any medications, or are taking Viagra, Cialis, or Levitra.
- ✓ Are or might be pregnant.
- ✓ Have any bleeding problems or are taking any blood thinning medications.
- ✓ Have any kidney problems, or are on diabetic medications.

What to expect during a procedure:

You will be awake and able to follow instructions during your test which will typically last 30-60 minutes. A mild sedative will be administered before your test to help you relax. Local anesthesia will be used to numb the site at your wrist. From there, a catheter will be inserted into one of the blood vessels in your arm and carefully threaded into your heart using x-ray guidance. Once the catheter is in place your doctor may:

- ✓ Collect blood samples from the heart.
- ✓ Measure the pressure in the heart's chambers and in the large arteries around the heart.
- ✓ Examine the arteries in the heart with an x-ray technique called fluoroscopy. This gives immediate real time pictures of the x-ray images on a screen, providing a permanent record of the procedure.

At the end of your procedure, a plastic band will be placed tightly on your wrist at the catheter site to prevent bleeding. You will be asked not to move your wrist and arm for approximately 2 to 3 hours. The band will be removed, and specific instructions will be given as to when you can return to normal activity.

Returning Home:

Please arrange for someone to drive you home. You will have restrictions on the amount of weight you can lift while recovering. *Normal activity can commonly resume within 1 to 3 days after the procedure, however be sure to follow your cardiologist's guidelines for getting back to normal activity that is best suited for you.*

If you have any questions about your catheterization prior to the procedure date, please call our office at (610) 375-6565 so we can further discuss any information you may need.