

## Pre-admission Clinic

An assessment will be done at the clinic to gather some baseline information about you for your procedure in order for it to be performed safely.

You are welcome to have someone with you at this clinic, especially if English is your second language.

### PLEASE BRING YOUR MEDICATIONS TO YOUR PRE-ADMISSION CLINIC APPOINTMENT

- An ECG and blood test will be taken
- A nurse will check your weight, blood pressure and tell you about the procedure
- A doctor may examine you, explain the procedure and the risks, and complete your consent form
- You will also be told which medications to stop and when, as well as starting new medications if required

## On the day

### **Bring all your medications in with you**

- You must take your medications as instructed at the Pre-admission Clinic (please call our nurse on 8345-7498 if you are not sure)
- Bring your toiletry bag as you may stay in hospital overnight for monitoring
- Please leave all valuables at home and remove any nail polish
- Present to Admissions on the 1<sup>st</sup> floor, North Block, at your appointed time
- You may wear your dentures and/or minimal jewellery

## During the IVUS Study

- You must remain still on the X-Ray table
- A nurse will be present to assist you
- Medication is often given to ease anxiety
- Local anaesthetic is injected into the insertion site which may sting briefly
- A very small tube is then inserted into an artery in the groin/wrist through which the procedure is performed
- A catheter will be inserted through the tube and threaded to the coronary artery
- Through the catheter, a wire with an ultrasound tip will be passed into your coronary artery to record the ultrasound image

## After the IVUS Study

- The tube may remain in your groin for up to 4 hours during which you will remain in bed
- If the procedure is performed via the wrist, the tube is removed and a tight band is applied to the site for 2 hours and you may sit up
- You will be able to eat and drink whilst resting in bed
- You will remain on a heart monitor for 4 hours if you do not require coronary angioplasty (insertion of stent into the coronary artery). You may be discharged home after 4-6 hours
- If you require coronary angioplasty, you will remain on a heart monitor for the remainder of the day, and will be discharged home the next morning

## On Discharge

- You will be given further instructions, medications and appointments where necessary
- You must be driven home by a family member or friend, by car or accompanied in a taxi and have someone stay with you overnight after discharge
- Do not take public transport home
- Rest quietly
- You may follow your normal diet
- Ensure you take plenty of fluids
- Limit alcohol & caffeine intake

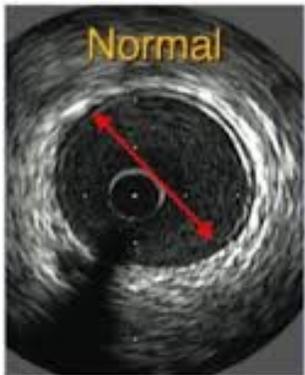
## Guideline to Avoid Complications

For 2 - 3 days:

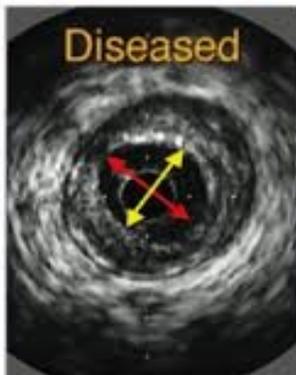
- Do not drive
- Only perform light physical activities
- Avoid heavy activities such as housework, shopping, gardening, long walks, lifting full washing baskets, taking flights of stairs etc.
- Gradually increase your level of activity over the following week or two according to your doctor's instructions
- Observe the puncture site for bleeding, bruising or a lump to the groin/wrist
- Report any fever, rash, groin/wrist lumps or bruising to your doctor
- You may initially experience some tenderness in the groin/wrist, usually relieved by a simple analgesia such as Paracetamol

## What is IVUS?

Intravascular Ultrasound (IVUS) is a medical imaging procedure, performed along with cardiac catheterization, using a miniature ultrasound probe on the tip of a wire to visualize the interior walls of the coronary arteries. It provides additional information of the extent of narrowing within the coronary artery lumen which assists your cardiologist in determining the appropriate treatment. It can also be used to check how well a coronary stent has been deployed after coronary angioplasty.



IVUS image of normal coronary artery lumen



IVUS image of diseased coronary artery lumen

## Cardiac Catheterisation Laboratory Western Hospital Gordon Street Footscray, VIC 3011

Day Procedure Unit  
(enter through Admissions)  
1<sup>st</sup> Floor, North Block  
Opening hours: 7am-8pm

Coronary Care Unit  
2<sup>nd</sup> Floor, North Block  
Visiting hours: 10am-2pm & 4pm-8pm

### CONTACT US

For all enquiries, please contact our Booking Clerk on 83456056

### WESTERN HEALTH

Western Hospital  
Gordon Street, Footscray, VIC 3011  
Phone: (03) 8345 1333  
Fax: (03) 8345 1019  
<http://www.wh.org.au>

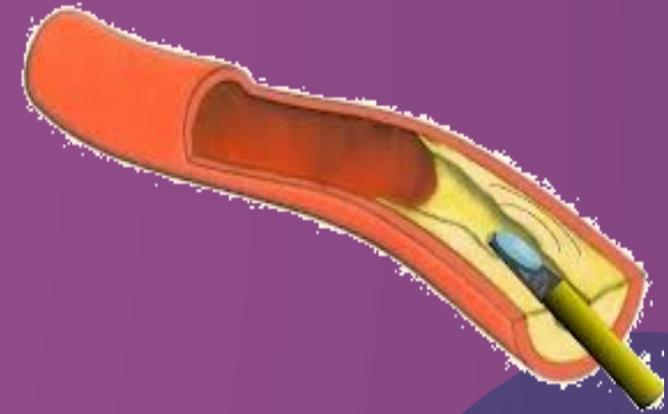
*This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional*



Western Health

Together, caring for the west

## Cardiac Catheterisation Laboratory



### Intravascular Ultrasound (IVUS)



Western Health