

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 will 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 1st floor, North Block, at your appointed time
- You may wear your dentures and/or minimal jewellery

During the FFR 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 the artery in the groin/wrist through which the procedure is performed
- Adenosine, a medication to maximise the blood flow of the coronary arteries and give an accurate FFR measurement, is given intravenously
- Adenosine can cause chest tightness, feeling of anxiety and impending doom, but this sensation should only last for 3 minutes as adenosine is removed from the circulation very rapidly

After the FFR Study

- The tube may remain in your groin for up to 4 hours during which you will remain in bed
- You will be able to eat and drink whilst resting 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 remain on a heart monitor for 4 hours if you do not require coronary angioplasty (insertion of stent into the coronary artery). You will 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 your 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 FFR?

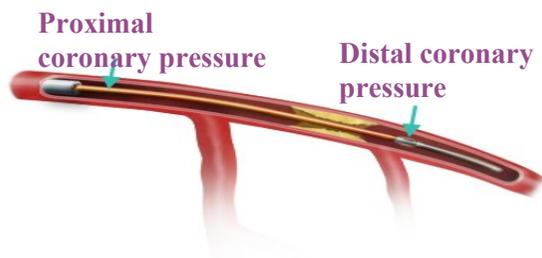
FFR is an index that determines the severity of blood flow blockages in the coronary arteries. It is calculated by measuring the blood pressure difference across a coronary artery narrowing (stenosis). An FFR index helps your Cardiologist to better identify which specific lesion or lesions are responsible for your ischemia, a deficiency of blood supply to the heart muscle. It also helps your doctor to decide appropriate treatment (angioplasty, bypass surgery or medical therapy) for the stenosis.

How is FFR measurement performed?

During cardiac catheterisation, a special wire is used to cross the coronary artery stenosis.

Adenosine, a medication to maximise the blood flow in the coronary artery, is given intravenously.

The pressures before (proximal coronary pressure) and after the stenosis (distal coronary pressure) are recorded to calculate the FFR index.



Cardiac Catheterisation Laboratory Western Hospital Gordon Street Footscray, VIC 3011

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

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

CONTACT US

For all enquiries, please contact our Booking Clerk on 83456056

WESTERN HEALTH

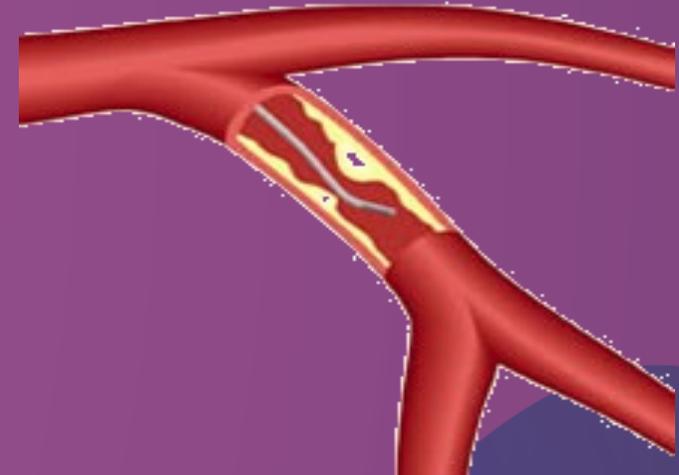
Western Hospital
Gordon Street, Footscray, VIC 3011
Phone: (03) 8345 1333
Fax: (03) 8345 1019
<http://www.wh.org.au>

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



Myocardial Fractional Flow Reserve (FFR) Study



Western Health