

## Paediatric Cardiac Catheterisation: Pre-procedure Information

### What is Cardiac Catheterisation?

A small tube (catheter) is inserted into an artery or vein usually in the groin (sometimes the neck). The catheter is guided through the artery and/or vein to the heart to get information about how your child's heart is working. X-rays are used by the doctor to position the catheters to record data and a special contrast dye may be used to see images of the heart.

A cardiac catheter is used to assess your child's heart condition. It is a way of accurately collecting information and potentially treating a child's specific heart problem.

Your cardiologist will provide detailed information about the plan for your child's cardiac catheterisation. If your child is taking medicines, please make sure that we are aware of this. For safety, it is necessary to stop some medicines before performing the catheter. You will be given information about when to stop medicines before you arrive, please make sure that you follow this advice. Contact the paediatric cardiology scheduling coordinator (contact at the end of this document) if you are at all unsure.

### What happens when you come to hospital?

You will need to come to hospital for admission before your cardiac catheter procedure. This will either be to Ward 23B the day before the planned catheter or for some patients, a pre-admission clinic visit the week before the planned catheter procedure.

At this admission visit your child will undergo some or all of the following examinations:

- ECG
- Blood test
- Chest x-ray
- Echo (echocardiogram)
- Height and Weight
- Vital Sign Measurements (Blood Pressure, Heart Rate, Oxygen saturations and Temperature)

You will be seen by some or all of the following people:

- Doctor(s) **who will do a physical assessment of your child**
- Cardiologist / Fellow **who will discuss with you risks and benefits of the procedure and will obtain your written consent**
- Anaesthetist **who will talk to you about the anaesthetic for the procedure and also ask for your consent**
- Ward nurse
- Play specialist

You will be informed of the fasting times for your child prior to the catheter – in most cases your child can **not** have breakfast on the morning of the procedure.

Some children will stay in hospital the night before the procedure, others may be able to go home or to Ronald McDonald House after all the pre-admission examinations have been completed and return the morning of the procedure.

### What happens on the day of the procedure?

If you have not been in hospital the night before the procedure you will be told what time you must return to the hospital. It is important that you return at this time. Remember not to give your child anything to eat or drink after the times specified.

Your child will need to have a special bath on the morning of the procedure with a cleaning solution called Chlorhexidine.

A medication called a pre-med may be charted to be taken before going to the cath lab. You will be able to escort your child down to the cath lab waiting room in the radiology department. At the discretion of the anaesthetist one parent may be able to accompany your child into the lab while they go to sleep.

Most cardiac catheterisations are performed while your child is under a general anaesthetic, so they will not feel any pain or discomfort and will be asleep throughout the procedure.

### **What happens after the procedure?**

After the procedure the catheter/s are removed, leaving a small hole in the skin which will be dressed with a band aid. When your child is stable they will be transferred to the recovery unit.

When your child is awake the nurses will take you to the recovery unit then your child will be transferred back to ward 23B.

For the next few hours the nurses will carry out regular checks of your child's vital signs and catheter site for bleeding.

Your child will be expected to remain in bed and rest for several hours after the procedure.

Some children feel sick after the procedure. It is best to start drinking water slowly and move on to milk and food as tolerated.

Most children are discharged in the morning the day after the procedure. However, depending on their specific procedure and recovery, some children may be able to be discharged home or to Ronald McDonald House on the same day as the procedure. Some children will require further tests before going home.

### **What happens on discharge?**

You will be told how to care for your child following the cardiac catheterisation and will also be given a discharge pamphlet about this.

The cardiologist will review your child prior to discharge and follow-up arrangements if needed will be clarified.

You will receive a discharge summary prior to leaving the ward and a copy will also be sent to your GP.

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If your child experiences any of the following before you are due to come to hospital then please contact the paediatric cardiology scheduling co-ordinator on: 09 631 0785, or the Ward 23B nursing co-ordinator on: (09) 307 4949 ext. 23230.

- fever
- a cold / flu or other infection
- diarrhoea or vomiting
- contact with an infectious disease (especially chicken pox)