

## Behaviour after a cardiac catheter examination

- **Diabetes:**

**Target values:**

Fasting blood sugar level < 110 mg/dl

HbA1c < 7%

- Reduce excess weight
- Lots of endurance exercise
- Treatment with medication
- Regular follow-up appointments with your GP

- **Excess weight:**

**Target value:** Body Mass Index 20–25  
"Starvation diets" are harmful!

Systematic change of diet to a "Mediterranean diet"; more fruit, vegetables and fish, vegetable rather than animal fats

Fewer calories, less fat, more movement!

- **Smoking:** stopping is imperative

Make use of nicotine-replacement therapy, psychological help in the case of withdrawal systems

- **Lack of exercise:** 3x per week at least

45 min. endurance sports! (training heart rate according to ergometry testing)

"Take the stairs rather than the lift!"

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### **IMPORTANT:**

#### **Behaviour after a cardiac catheter examination**

##### **For access via the groin:**

For one week avoid full baths, heavy lifting and sauna visits

##### **For access via the hand:**

Rest the arm for 48 hours

In the case of severe or intensifying pain at the puncture site, bleeding or swelling, please attend a check-up with a doctor at your nearest hospital.

**In the case of severe, acute heart complaints lasting for more than 15 minutes which do not improve with rest (poss. nitroglycerin spray), contact the emergency doctor without delay.**

**We hope to have answered all your potential questions with this information and wish you a speedy recovery.**

Your treatment team

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## Internal medicine

## Discharge information



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**LANDES  
GESUNDHEITS  
AGENTUR**

Gesund und gepflegt. Ein Leben lang.

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### **Dear Patient,**

You have just undergone a cardiac catheter examination. Should pathological changes occur, the doctor examining you will discuss this with you in detail.

If any additional treatment (balloon dilation, stenting etc.) has been carried out then you will find enclosed images from before and after treatment or you will be given a CD of the entire examination.

Please observe the following for the most favourable outcomes in the case of vascular disease: narrowing of the coronary arteries is often associated with changes in other vascular areas. It is a generalised disorder, and therefore has to be treated with a variety of measures.

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Your own cooperation is irreplaceable! Changes to your risk factors can significantly slow down the progression of atherosclerosis or stop it completely. It is even possible to achieve the **regression of already existing vascular constrictions** by adopting a healthier lifestyle.

### **IMPORTANT:**

*Even after successful treatment by means of balloon dilation/stenting, your active contribution is still required!*

- ⇒ The accurate **intake of medication**,
  - ⇒ **correct nutrition** and a
  - ⇒ healthy **lifestyle**
- are critical for determining progress.

### **1. TREATMENT WITH MEDICATION**

- Follow the customised treatment programme provided by the doctor treating you.

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- If balloon dilation (with or without a stent) has been carried out, then it is absolutely crucial to take blood platelet inhibitors (Aspirin®, Plavix®, Brilique® or Efixent®) for the specified period. Otherwise, the **stent may close up** causing an acute heart attack!

### **2. DEALING WITH THE RISK FACTORS**

- **High blood pressure:**

#### ***Upper limit:***

systolic below 140 mmHg

diastolic below 90 mmHg

Salt and alcohol reduction, weight loss and sport all serve to reduce and stabilise the blood pressure

Blood pressure reduction using medication in the case of values above 140/90 mmHg

- **Increased blood lipid levels:**

#### ***Target values:***

LDL cholesterol < 100 mg/dl

After infarction or stenting: < 70 mg/dl