

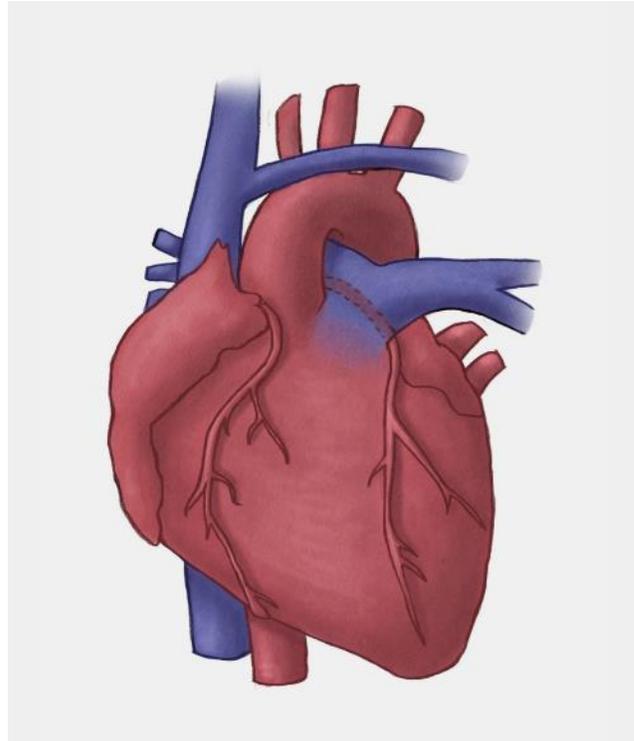


Cardiac Catheterization

Welcome to Phoenix Children's Hospital! This is where many people help to take care of kids and their bodies. You're coming to the hospital for a procedure to help your heart.



Your heart is a part of your body that is in your chest. Its job is to pump blood through the veins (blue lines) in your body. Your doctor wants to make sure your heart is doing its job and that it is healthy. Can you find any of your veins?

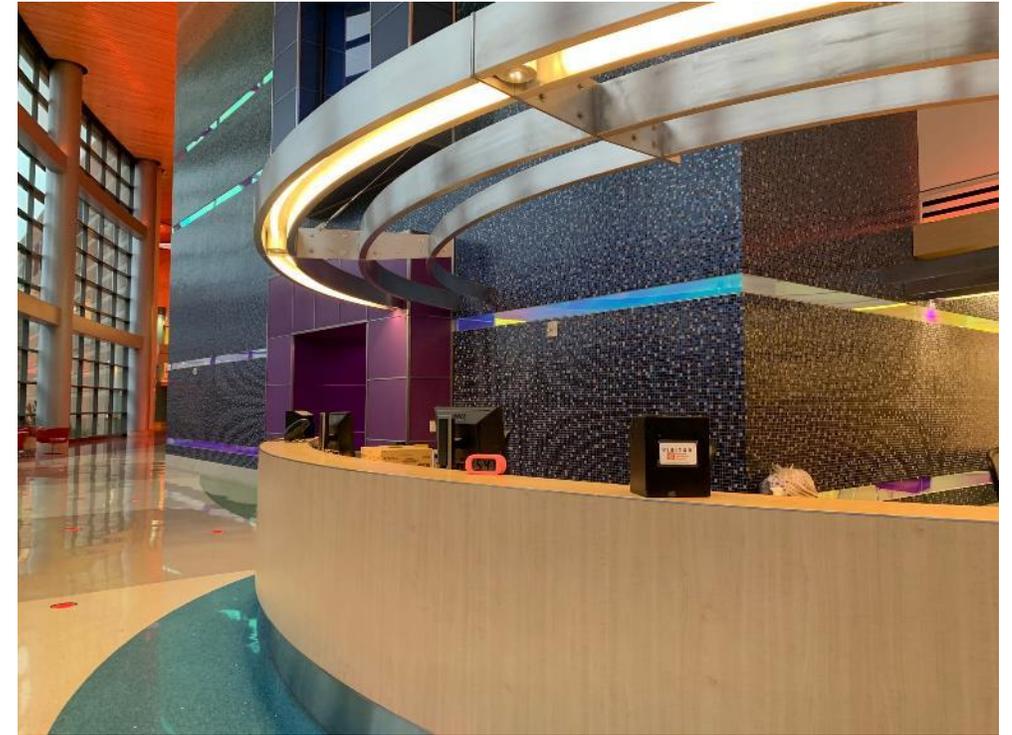


The doctors help your heart through cardiac catheterization. You might also hear people call it a 'cardiac cath'. This means they help your heart using a small tube that goes in one of your bigger veins (blue lines) in your leg.

It is important not to eat or drink anything before you come to the hospital for your procedure. Do you know why? Because anesthesia – sleep medicine – works best when your stomach is empty.



This is the main lobby. You will meet someone at the desk who will tell you where to go to check-in.



When you get there, there will be tablets for you to sign in. After you sign in, you may sit on the couches and wait for your name to be called.



Once your name is called, you and your grownup will go to the desk. The friendly person at the desk will give you a bracelet with your name and birthday on it.



Then, you will go to the elevators and ride them up to the fourth floor. You will see a donkey statue when you get to the fourth floor.



Now it is time to sit in the waiting room until it is your turn. Sometimes it is fun to do something while you wait. What would you like to bring from home to do while you are waiting?



When the nurse calls your name, it is your turn to go to “Pre-Op” and get ready for your procedure.



First, your nurse will ask you to stand up straight to check your height. Then you will stand on a scale to see how much you weigh. They will also measure your temperature using a thermometer that lightly swipes across your forehead.



Your nurse will then bring you to your private Pre-Op room. This room has a bed with wheels and side rails where you can sit. You can even move the back of the bed up so it can be like a chair.



While you are sitting, the nurse will place a sticker on your finger or toe. This sticker is called a pulse oximeter. It measures the oxygen in your body. It will only be on for a few seconds. Some kids like to count when it is on their finger.



How high can you count?

The nurse will also check your blood pressure to learn about your heart. They will do this by wrapping a cloth band around your arm or leg. It will give your arm or leg a tight squeeze for a few seconds. Your job is to relax your body and hold still.



Now it is time to put on your hospital clothes! Your nurse will give you colorful pajamas with a shirt that opens in the back. Once your pajamas are on, you will meet the doctors and nurses who will take care of you.



You will meet the doctor that will check and help your heart during your procedure.
They will come talk to you and your grownup about the plan.



Another doctor you will meet is an anesthesiologist. The anesthesiologist gives you the sleeping medicine for your procedure. This is a different kind of sleep than what you do at home.



You will also meet your cath lab nurse. This is the nurse that will be with you during your procedure. Their job is to make sure you are comfortable and answer any questions you have.



After you meet your doctors and nurses, it will be time to go on a ride on your bed to the cath lab. The cath lab is where you will get sleeping medicine and your procedure will be done. You will say, “See you later!” to your grownup. Your grownup will wait in the waiting room while the doctors are helping your heart.



Some kids like to bring something with them to the cath lab, like a stuffed animal from home. Would you like to bring something with you?

The cath lab is a big room with bright lights. There is a big screen, like a TV, that shows the doctor pictures of your heart. Everyone in this room wears clothes from the hospital because it is very clean. You will see people wearing blue clothes and hats with masks covering their faces.



Your nurse will push your bed next to a different bed with a white sheet. Once the beds are next to each other, you will move over to the bed with the white sheet.



Once you are on the other bed, your nurse will give you a warm blanket and put your blood pressure cuff and pulse oximeter sticker back on your body.



Your nurse may put some stickers, called “leads”, on your body. These stickers tell the doctors how your heart is doing. They help your doctors and nurses check your body while you are sleeping.

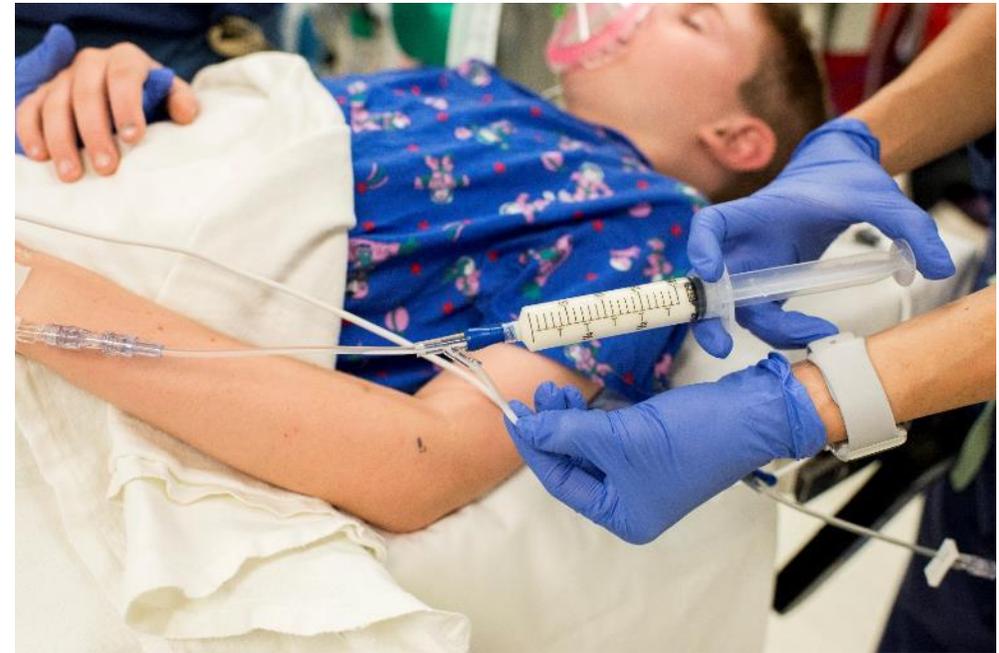


Now it is time for the sleeping medicine called anesthesia. This is a special kind of sleep where you do not feel, hear, or see anything during your procedure. Your body stays completely still. There are two different ways that kids get anesthesia to fall asleep. Your anesthesiologist will know which way is best for your body.



Some kids will fall asleep with air that goes into a mask. Your job is to take big deep breaths.

Other kids fall asleep with medicine through an IV. An IV is a small tube that can give your body medicine or water in your vein. Veins look like blue lines on your skin and carry your blood throughout your entire body.



When your procedure is finished, your doctor will stop giving you the sleepy medicine and your body will wake up. You will wake up in an area that looks like this and the nurse will get your grownup to be with you. When you wake up there will be a band-aid at the top of your leg, near your private area. That spot may look a little different because the doctors remove any hair that might be in the way and use orange soap to make it really clean.



After you wake up, you will lay flat for a few hours to help the vein in your leg heal. You can bring something to play with or watch while you lay down and rest. What will you bring from home to do while you relax after your procedure?

The nurse will ask if you would like a drink. You can choose water, Gatorade, apple juice, or sprite. They might ask if you want an orange or purple popsicle, too!



What do you think you will choose when you wake up?

Some kids go home after their procedure and some kids need to sleep overnight at the hospital. Your doctor will tell you what is best for your body. If you spend the night at the hospital, your room might look like this. It will be a private space for you and your grownup. You will have your own bathroom and TV. There is a couch or recliner chair for your grownup to stay overnight with you, too!

