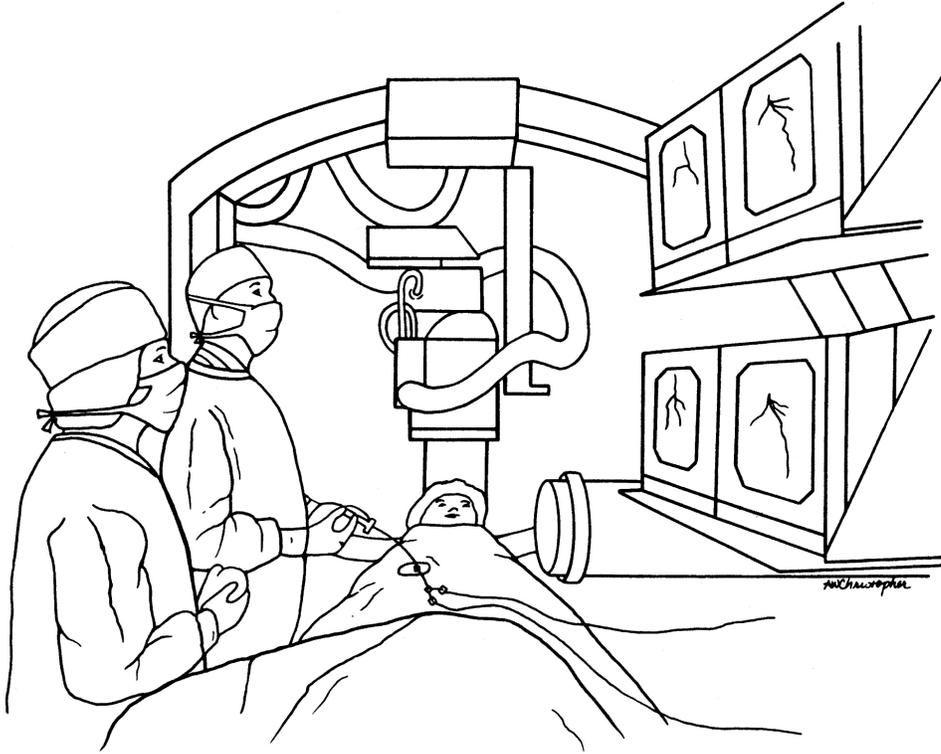


# 心导管术和心导管气球扩张术

## Heart Cath and Heart Angioplasty



A **heart cath** is also called cardiac catheterization, cardiac cath or coronary angiogram. A heart cath shows blood vessels of the heart and the inside of the heart as it pumps. A tube called a **catheter** is put into a blood vessel in the top of your leg in your groin or in your arm. It is then guided into your heart. Dye is put in through the catheter and x-rays are taken.

Narrowed blood vessels can lead to chest pain or a heart attack. A **heart angioplasty**, also called a PTCA (Percutaneous Transluminal Coronary Angioplasty) or balloon angioplasty, may be done with a heart cath if you have narrowed blood vessels in the heart. With this procedure, a balloon on the end of the catheter will be used to open up the blood vessel to improve blood flow. A stent, which is a small, wire tube-like device, may be placed to keep the blood vessel open.

**Heart cath (心导管术)** 亦称为 cardiac catheterization、cardiac cath 或冠状血管造影，它可显示心血管及心脏内部搏动的状况。手术时，将一根被称作导管的管子插入大腿根部腹股沟处或手臂处的血管，然后导入心脏，最后向导管中注入显影剂，拍摄 X 光片。

血管变窄会导致胸痛或心肌梗塞。**心导管气球扩张术**亦称为 PTCA (经皮腔内冠状血管成形术) 或气球血管成形术。如果您的心血管变窄，可在施行心导管术时进行该手术。实施该手术时，将用导管端部的气球撑开血管，从而增加血流量。可以放置一个小型线管状支架，使血管保持张开。

**Arrive on time for your procedure.** You may need to stay overnight in the hospital. Plan to have an adult family member or friend take you home.

## To Prepare

- Your doctor may order some tests such as a chest x-ray, EKG and blood tests.
- Do not eat or drink anything, including water, after midnight before your procedure.
- Ask your doctor if you should take your medicines the morning of the procedure. If so, take with sips of water only.
- Tell the staff if you have allergies, have asthma or are taking the medicine metformin (Glucophage).

## During Your Procedure

- You will wear a hospital gown and lie on a table. You may wear your hearing aids, dentures and glasses. Remove nail polish and contact lenses.
- The lights in the room may be dim and the room may seem cool.
- You will be awake so you can tell the staff how you feel.
- An IV (intravenous) is put into a vein in your arm. Medicine to help you relax and fluids are given through your IV.
- The catheter site, either your groin or your arm, is cleaned. Your groin may be shaved if used.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The doctor numbs the catheter site. This stings for a few seconds. After this, you should only feel pressure and no pain.

**手术时请准时到达。**您可能需要住院一个晚上。请安排一位成年亲友送您回家。

## 准备工作

- 医生可能会要求您做一些检查，如 X 光胸透、心电图（EKG）和验血等。
- 手术前的午夜之后，不要进食或喝水。
- 询问医生手术当天的早晨是否应服药。如应服药，请水极少量的水送服。
- 告诉医疗人员您是否有过过敏症、哮喘或正在服用甲福明（Glucophage）。

## 手术期间

- 您将穿上医院的袍子，并躺在台子上。您可以戴助听器、假牙和眼镜。应除去指甲油和隐形眼镜。
- 室内光线可能比较暗，房间可能感觉比较凉。
- 您将保持清醒，以便告诉医护人员您的感觉。
- 在您的手臂静脉放 IV（静脉注射）。通过静脉注射的药物帮助您放松。
- 将清洁导管插入的部位（即腹股沟处或手臂处）。如果是腹股沟，可能要剃毛。
- 在您的胸部放小垫片以检查您的心脏。男性可能要剃胸毛。
- 在您的手臂上佩戴血压袖袖。我们会时常检查您的血压和心率。
- 医生对导管插入部位进行麻醉。会有几秒钟的刺痛。在这之后，您只会感到有压力而无疼痛。

- The catheter is put into a large blood vessel and threads it into your heart.
- It is common to feel skipped heartbeats or fluttering. Tell your doctor, but do not be scared.
- Dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath, cough, take deep breaths or move your arms.
- If you have narrowed blood vessels, the balloon area of the catheter is moved to the narrowed area of the blood vessel. The balloon is made bigger and smaller a few times to open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
- A stent may be placed to keep the blood vessel open.
- Dye is given again to see how much the blood vessel has been opened.
- The catheter is then removed.
- The needle placed in the catheter site may stay in place for several hours.
- When the needle is removed, the blood vessel is closed. The staff will hold pressure on the site for 10 to 20 minutes, so it does not bleed. A stitch, clip or plug may be used to close the site. A clamp may be put on the area for about 1 hour to stop bleeding. A bandage is put over the site after the clamp is removed.
- 把导管插入您的大血管，并导入到心脏内。
- 感到心跳停了一下或乱跳一阵是很常见的。应将这种感觉告诉医生，但不要害怕。
- 注射显影剂。您可能有几秒钟感到发热或脸发红。
- 显影剂穿过血管时将拍摄 X 光片。可能要求您屏住呼吸、咳嗽、深呼吸或移动手臂。
- 如果您的血管已变窄，导管的气球将移至血管变窄部位。气球会张大缩小几次，以撑开变窄的血管。您可能会感到胸部有压力，但是压力很快就会减轻。 **应将您的感觉告诉医护人员。**
- 可能放置一个支架，使血管保持张开状态。
- 再次注射显影剂，以查看血管的张开程度。
- 然后取出导管。
- 置于导管插入部位的穿刺针可能留置数小时。
- 取出穿刺针时，血管将闭合。医疗人员将对导管插入部位加压 10 - 20 分钟，以便止血。可能用缝针、夹钳或塞子来使导管插入部位闭合。可能将夹钳置于导管插入部位约 1 小时用于止血。取走夹钳后，将给导管插入部位绑上绷带。

## After Your Procedure

### In the Hospital

- Your site, pulse and blood pressure will be checked often.
- Your leg or arm needs to be kept straight for 2 to 6 hours to prevent bleeding.
- Tell your nurse **right away** if the site swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You may drink clear liquids until the needle is removed. After that you may return to your normal diet.
- You may have oxygen and a heart monitor in place for a few hours.
- An EKG or blood tests may be done.
- It is common for your catheter site to be tender and bruised.
- Your doctor will talk to you about your procedure.
- Medicines given during the procedure will make you sleepy. You will need to have an adult family member or friend take you home for your safety.

### At Home

- Rest for 24 hours.
- Drink at least eight glasses of liquids today to help your body get rid of the dye.
- Remove the pressure bandage at bedtime and put on a clean band-aid.
- Do not take a tub bath for one week after your procedure. You can take a shower. Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for increased redness, bruising or swelling.

## 手术之后

### 在医院

- 将时常检查您的导管插入部位、脉搏和血压。
- 腿或手臂要保持伸直状态 2 - 6 小时，以防流血。
- 如果导管插入部位肿胀或流血，或者腿部或手臂有疼痛、麻木或刺痛感，应**立刻**告诉您的护士。
- 穿刺针取出之前，您只可饮用透明液体。取出之后，您可恢复正常饮食。
- 可能需要吸氧并戴心脏监控仪数小时。
- 可能要做心电图（EKG）或验血。
- 导管插入部位疼痛和青肿是正常的。
- 医生将与您谈论手术相关事宜。
- 手术期间注射的药物会使您困乏。为了您的安全，需要有一位成年亲友送您回家。

### 在家里

- 休息 24 小时。
- 当天至少喝 8 杯液体，以便排除体内的显影剂。
- 睡觉时间取下压力绷带，并贴上干净的邦迪创口贴。
- 手术后 1 个星期不要盆浴。可以淋浴。不要擦洗导管插入部位。
- 淋浴时除去邦迪创口贴。
- 可以不覆盖导管插入部位，也可贴上干净的邦迪创口贴。
- 每天检查导管插入部位，看发红、青肿、肿胀现象是否有所增加。

- Do not take the medicine metformin (Glucophage) for two days after the procedure.
- Do not drive for 2 to 3 days.
- Do not exercise, run or lift objects over 10 pounds for three days.
- Talk to your doctor or nurse about other activity limits. You should be able to return to normal activities in about one week.
- 手术后 2 天不要服用甲福明 (Glucophage)。
- 2 - 3 天内不要开车。
- 3 天不要运动、跑步或举起超过 10 磅的重物。
- 向医生或护士询问其它对活动的限制。您在大约 1 周后即可恢复正常的活动。

### Call your doctor right away if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, tenderness, warmth or drainage at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

**Talk to the staff if you have any questions or concerns.**

### 如有以下症状，请立刻致电医生：

- 导管插入部位流血不止
- 导管插入部位剧痛或刺痛
- 导管插入部位肿胀、发红、青肿、触痛、发热或有流出物
- 脚或手发冷或变青
- 脚趾或手指活动有困难
- 麻木或虚弱
- 发烧或发寒
- 意识混乱或不太清醒

如果流血不止或导管插入部位肿块变大，**应平躺，压住导管插入部位，并致电 911。**

如有任何疑问，请告诉医护人员。