

Cardiology Department

Your Visit to Cardiology





When coming to Cardiology you normally come into the South 1 entrance and turn left.



The doors to Cardiology are on the left.



Just through the door to Cardiology is our Reception.



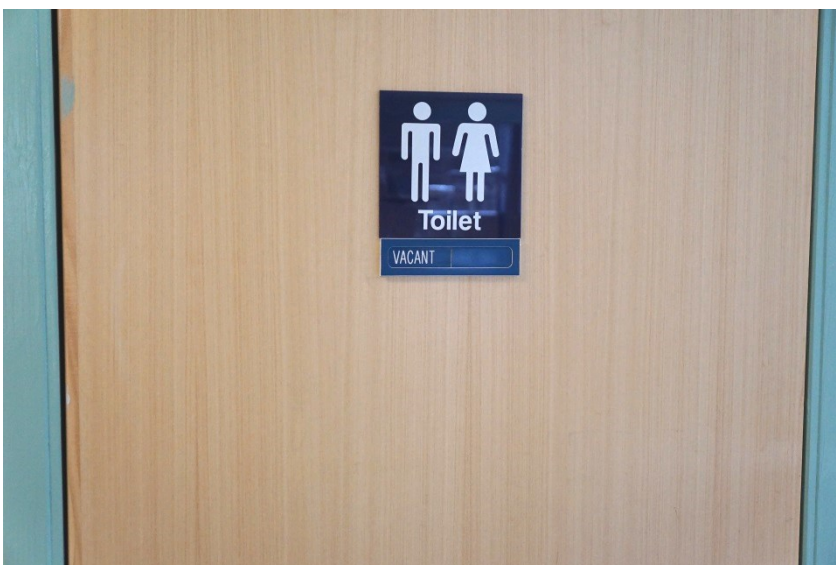
One of our Receptionists will ask your name and ask you to be seated while you wait to be called.

If you have brought your 'This Is Me', show it to the receptionist.



If you are worried or scared , let the receptionist know.

You will then sit in our waiting room for a short time before we come and collect you.



We have a toilet here that you can use if you need to.

Having an ECG

This is a tracing of the electrical activity of your heart. The whole test takes about five minutes and is completely painless.



We call you into the ECG room and ask you to take off just your top half of clothes.

Ladies, if you are wearing an underwired bra, you may need to take this off too.

You can have a blanket to cover you up.



You will be asked to sit on the couch.

Six stickers are placed on your chest, one is placed on each hand or arm and one is placed on each leg.

These might feel cold!



Special wires are then attached to the bottom of these stickers.

The wires go into a small box and then into the ECG machine.



The stickers pick up your heartbeat and print it onto paper.

Try to relax and keep as still as you can for about half a minute because moving can affect the results .



When the ECG is finished, the machine will print a paper copy. We might need to do more than one reading.



You can then get dressed and take the ECG to show the Doctor.

Having a Heart Monitor Fitted

This is a recording of your heart beat that takes at least 24 hours. Sometimes this could be up to 5 days. You can go home and do your normal daily things once it has been fitted.



We call you into the ECG room and ask you to take off just your top half of clothes.

Ladies, you can keep your bra on.

You can then sit on the couch.



We will clean your skin with a special wipe to make sure that our stickers stay stuck to you.

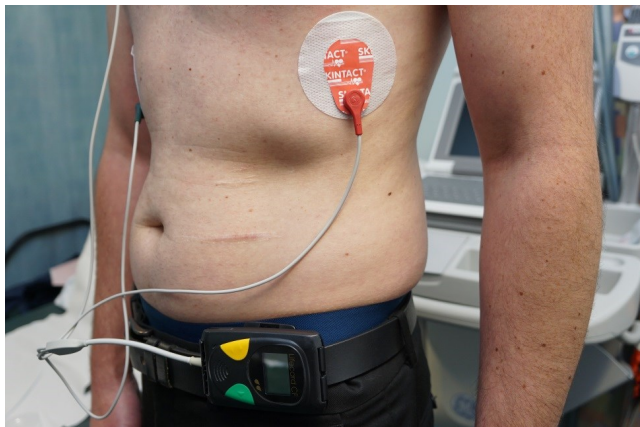
This might feel cold!

We will then put three stickers onto your chest to pick up your heartbeat.



Wires are then clipped to the stickers.

These wires go into a little box which will record your heart rate.



The box will clip onto your trousers or skirt waistband.

You can then get dressed and go home.

You will have to sleep with the monitor still fitted, but can take the box off your waist band.

You can't have a bath or shower while wearing the recorder.



The technician will tell you when you can take the stickers off and disconnect the box.

This will probably be the next day.

The box and wires must be kept dry.

Please bring the box and recorder back to the department.



Remember to ask the doctor or nurse about your results and what will happen next.

Write things down if you need to.

Other Tests: Having an Echocardiogram

An echo looks at the structure of your heart and the heart valves with special sound waves. It is sometimes called a 'jelly scan'.



We will call you through into one of the echo rooms and ask you to take off just your top half of clothes.

Ladies will be given a gown or paper sheet to cover their chest.



We will then ask you to lie on the couch.

We will put 3 stickers onto your chest

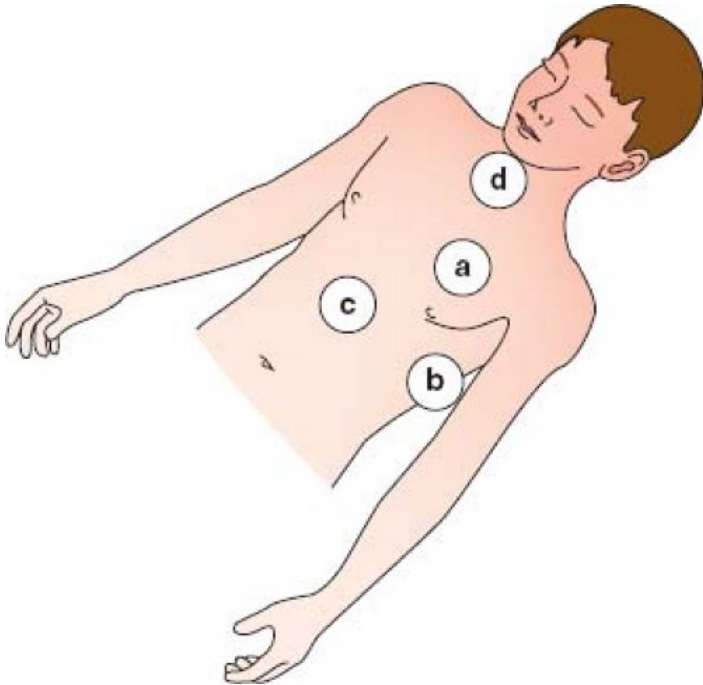
We might ask you to turn onto your left side.

Often the room is made a bit darker as this helps us to see your pictures better.



A special 'camera' covered in jelly is then put onto your chest and moved around so that we can get pictures of your heart on our screen.

We listen to your heartbeat too, so you will hear funny whooshy noises as we scan you.



We look at your heart from different places on your chest, tummy and sometimes the bottom of your neck.

When the scan is finished, we wipe off the jelly and you can get dressed and go home.



Remember to ask the doctor or Physiologist about your results and what will happen next.

Write things down if you need to.

Having an Angiogram: What Happens Before

An angiogram allows your doctor to look inside your coronary arteries and find out where and how severe any narrowed areas are. It helps your doctor decide what treatment you might need.



You will get two appointments for an Angiogram.

The first one is to come and talk to one of our Specialist Nurses.



Let them know if you need any 'reasonable adjustments'

Things like:

- Help with communication
- If you get very scared
- If you need a quiet space to wait

Remember to take your 'This Is Me' if you have one.



They will call you into their room and will ask you questions about your symptoms and any medicines you take.

They will take your blood pressure and might need to take a little bit of blood from a vein in your arm. They will also take a swab (like a cotton bud) from your nostril and top of your leg.

Having an Angiogram: On the Day of the Test



A nurse will bring you from the waiting area onto the Day Ward. You will be shown which bed is yours.

The curtains will be pulled around your bed, and you will be asked to get undressed. We will give you a hospital gown and a pair of paper pants to put on.



The nurses will ask you some questions and will take your blood pressure and record an ECG.



This is the outside of the Cardiac Catheter room, usually called the Cardiac Catheter lab. This is where the procedure will be done. When it is your turn the nurse will take you into this room.



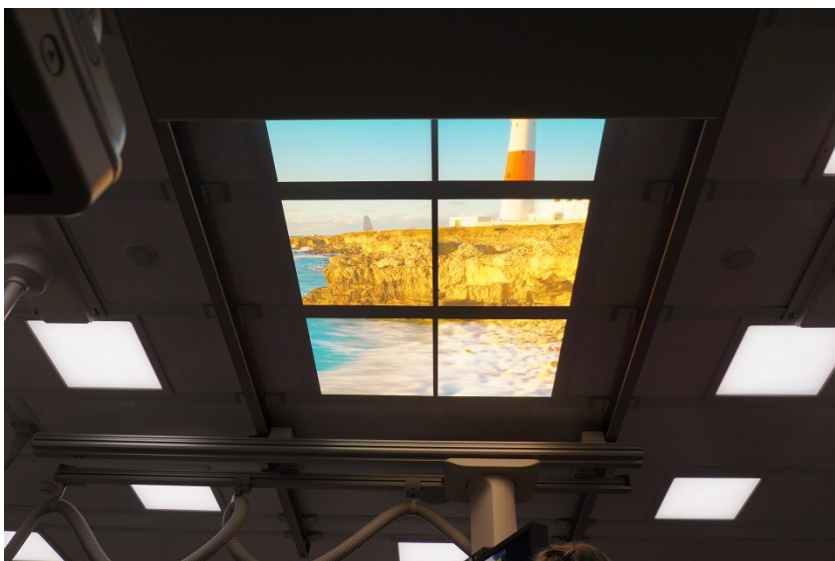
There is lots of equipment in the room to be able to take the x-rays. This can look a little bit scary, but it will not touch you.

In the room there will be 2 Nurses; 1 or 2 Doctors; 1 radiographer (they do the X-rays) and 1 Physiologist, who is there to monitor you.



You will lie on the couch and the staff will make sure you are safe and comfortable.

They will need to make sure you are in the right position.



Look up!

There are pictures on the ceiling to help you take your mind off what is happening.



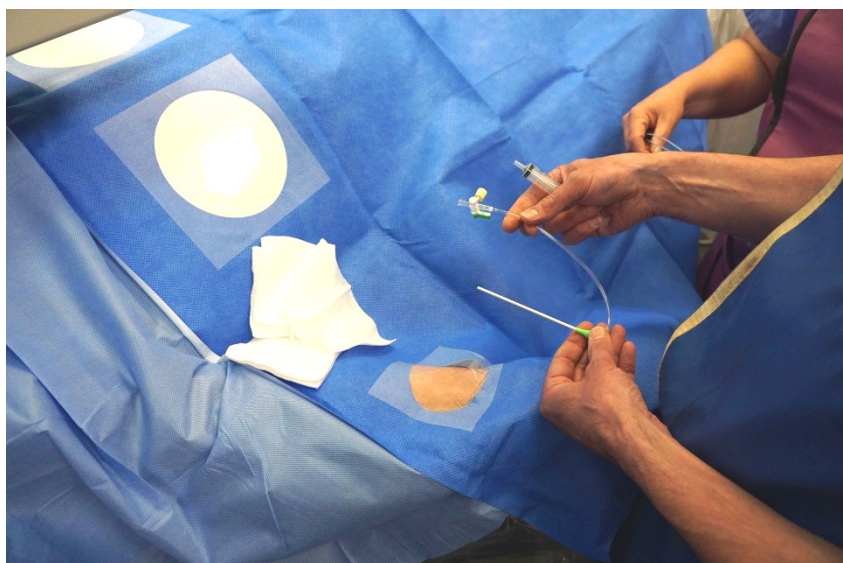
The Nurse that is helping the Doctor will clean your wrist or the top of your leg (depends which we are using).

The solution to clean is very cold and is usually pink or orange in colour.



The Doctor will give you a couple of injections in the skin around the wrist or top of your leg. This can sting a little, but it makes everything go numb.

Someone can stand with you and hold your hand if you are scared or worried.



This is a picture of the tube that sits in the blood vessel either in your wrist or top of your leg. It allows the Doctor to inject the liquid dye that shows your heart arteries under the X-rays.

You will get a very hot feeling up your arm that may last for 30 seconds.



A longer tube called a 'catheter' is then passed through the small tube in your wrist or leg and moved up to your heart. We use the X-ray machine to help us see where it is going.

Most people do not feel this happen.



Once the tube reaches the heart, it is placed into the opening of the heart arteries. The Doctor will then inject some of the liquid 'dye' down the tube and into the arteries. At the same time we will take an X-ray picture, which allows us to see your arteries.

The Doctor is looking for any narrowing or blockages.



The Nurses in the room will talk to you and hold your hand if you want them too.

You are never left alone in the room.



Once the pictures have been taken the tube is removed from your arm and a tight band is put on to stop the artery from bleeding.

You can't use this hand for 24 hours and must hold this syringe to remind you. The nurses will also use the syringe to slowly deflate the band.

If we used your leg, a small plug is put in to stop the artery from bleeding. This plug is the size of a pea and goes away by itself over 3 months.



When it is all over we will take you back to the ward.

The nurses will check your blood pressure again and they will make you something to eat and drink.

The Nurses will tell you when it is ok to get out of bed and how to do this.



Before you go home, the Nurses will make sure that you have understood the results of the test. They will tell you what you can and cannot do for a couple of days.

They will also tell the person looking after you and it will be written down for you.

Contact Numbers:

We hope that you have found this information useful.

If you have any questions or are worried about anything, please speak to your family doctor (GP) or the following Dorset County Hospital Staff:

Cardiology Reception Office: 01305 255288

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