My Going to the Cath Lab Book
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THIS BOOK BELONGS TO:

____________________________________________________

I am having my procedure done on:

Date:_________________________________

I am having:__________________________________________________ done.
On your pre-cath visit you will meet a nurse and she will ask you and your family some questions. The nurse will:

Measure how much you weigh and see how tall you are.

Take your blood pressure and put a light on your finger (to measure your oxygen level).

Listen to your heart.
You will need to have some testing done. You may or may not need to have bloodwork. Your nurse will let you know.

A chest X-ray

ECG
After your testing is completed, you will meet with the nurse and she will give you special instructions about what you need to bring to the hospital, what time to arrive and which unit you will be staying in. She will review with you and your family what will happen the day of your procedure and what to expect.

You can also meet with a Child Life Specialist who can show you some of the things you will see the day of your procedure. The Child Life Specialist can also talk to you about the feelings you may be having about your day.

Sometimes it helps if you bring some familiar items from home that you really like, such as a stuffed animal, a game, a special toy, a book, video game or your favourite music.

What will you bring?
When you come back to the hospital for your procedure, you will get a hospital bracelet with your name and birthday on it. You will also get special hospital pyjamas.

You will not be able to eat or drink before your procedure. But it’s not for long. You can have a drink when you wake up when your procedure is finished.
When it is time to go to the Cath Lab, your mom or dad can come with you. Your mom or dad will be wearing special clothes.

All the doctors and nurses will also wear special clothes. These clothes keep germs away from you. They will also wear masks and hats.
The Cath Lab has big lights and lots of machines that make beeping noises.

You will lie down on a special bed and breathe into a mask. The mask will give you medicine that will make you sleepy. You can pick a flavour for your mask if you wish. Your mom or dad will be with you while you are falling asleep.

You will have a special kind of sleep. It will feel like you were asleep for a few seconds.
When you wake up you will be in the “wake up” room with a nurse and your family can come and visit with you.

You will have a “huggie” bandage on one of your legs that will stay on for 4 hours. The nurse will remove it and you will have a smaller bandage on that will stay on for 4 or 5 days.

The nurse will give you some medicine to help you feel better. You will also get something to drink or freezies.
Some children will go home the same day as their procedure. Some children need to stay overnight or a little longer. Your mom or dad can stay with you in your room. You will be able to go to the playroom or to Marnie’s Lounge to play with other kids.

Before you know it you will be home in your own room and playing with your own toys.

When you get home you will need to rest for a while.
Here are some fun, quiet activities you can do while you are relaxing: read a book, colour, watch TV.

**Draw your own picture of an activity you want to do when you are feeling better.**
Questions I want to ask:
For more information please contact:

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