



MARIETTA
MEMORIAL
HOSPITAL

Memorial Health System



**HEART &
VASCULAR
SERVICES**

Heart Services

Testing Before Your Procedure

If you are scheduled for a procedure in the catheterization lab, there will be blood work and testing that will need to be completed. The doctor's office ordering the cardiac procedure will place the order for the tests, tell you what tests need performed and when you need to have them completed. Please have the tests done in a timely manner so you don't delay your procedure. See the procedures below for a description of the tests you may need.

How the Cardiac Testing Gets Scheduled

The office ordering the cardiac test will send an order for the testing to our scheduling department and the scheduling department will call you to set-up the procedure. If you don't receive a call from the scheduling department within 48 hours after your doctor ordered the test, please call the doctor's office.

The Day of Your Procedure

Arrive to your appointment on time or early so you don't delay your procedure. Please see the procedures below to know where you are to report the day of your procedure. Dress comfortably for all of the below procedures and leave valuables at home. All patients should bring a family member or friend with them to drive them home.

Cardiac Procedures

Cardiac Catheterization

This procedure is performed to determine if there are any blockages in the coronary arteries. If blockages are present, the Cardiologist will determine if intervention is needed to open the artery/arteries. If you are scheduled for a heart catheterization, you will be given instructions for that procedure by the ordering doctor's office. If you don't receive instructions, please call the cardiology office at (740) 568-5207 and ask for a nurse. This procedure is performed in the cath lab on the first floor at Marietta Memorial Hospital (MMH). When you arrive at MMH, go directly to the cath lab on the first floor to check-in. You do not need to check-in at the front desk. After the procedure, the doctor will decide if you need to stay in the hospital overnight or send you home the same day.

Transesophageal Echocardiogram (TEE)

This procedure is performed to evaluate the heart's function and to visualize the heart. This procedure is performed in the cath lab on the first floor at Marietta Memorial Hospital. Go directly to the cath lab on the first floor of the hospital to check-in. There are no tests that need performed prior to this procedure so no labs will be ordered. You won't be able to have anything to eat or drink after midnight the night before the procedure and you are not to take any of your morning medications the morning of the procedure. This is an outpatient procedure, so you will be discharged after the procedure and will need a ride home.

Cardioversion (CVE)

This procedure is performed on patients with atrial fibrillation or flutter to try and restore a normal sinus rhythm. This procedure is performed in the cath lab on the first floor at Marietta Memorial Hospital (MMH). Go directly to the cath lab on the first floor of the hospital to check-in. There will be testing ordered prior to this procedure and is required to be done by noon the day before the procedure. Please have these tests done at MMH for ease of receiving the test. This is an outpatient procedure, so you will be discharged and will need a ride home.

Pacemaker insertion, loop reorder insertion or battery change of pacemaker

These procedures are performed in the cath lab at Marietta Memorial Hospital. Go directly to the cath lab on the first floor of the hospital to check-in. There will be testing ordered prior to these procedures and will need to be done 1 – 2 days prior to the procedure. You will receive instructions for your procedure from your ordering physician. If you do not receive instructions, please call the cardiology office at (740) 568-5207 and ask for the nurse. These procedures may require you to stay in the hospital overnight so prepare for an overnight stay.

Implantable Cardioverter Defibrillator (ICD) insertion or ICD battery change

These procedures are performed in the cath lab at Marietta Memorial Hospital. Go directly to the cath lab on the first floor of the hospital

Implantable Cardioverter Defibrillator (ICD) insertion or ICD battery change (cont.)

to check-in. There will be testing ordered prior to these procedures and will need to be completed 1 – 2 days prior to the procedure. You will receive instructions for your procedure from your ordering physician. If you do not receive instructions, please call Dr. Bedi's office at (740) 374-4907 and ask for the nurse. The procedure may require you to stay in the hospital overnight so prepare for an overnight stay.

Echocardiogram (Echo)

A procedure to evaluate the heart's function and to visualize the heart's structure. If you are scheduled for this procedure you may be scheduled at Marietta Memorial Hospital, Selby General Hospital or the Belpre Medical Campus. Check-in at each location at the outpatient scheduling desk. There are no special instructions for this test.

Stress Echocardiogram

A stress echo involves the patient having an ultrasound of the heart and then either exercising on a treadmill or having an IV injection to take the place of exercise.

These procedures are only completed at Marietta Memorial Hospital. Check-in at the outpatient scheduling desk on the first floor. The ordering doctor's office will provide you with instructions for this test. If you do not receive instructions, please call the cardiology office at (740) 568-5207 and ask for the nurse. Wear comfortable shoes if you will be exercising on the treadmill.

Additional Tests: **Preparing for Your Nuclear Stress Test**

The purpose of the nuclear stress test is to determine if you have a lack of blood supply into the walls of your heart. This can be caused by blockages in the vessels of your heart. This procedure is completed at our three locations: Marietta Memorial Hospital, Belpre Medical Campus and Selby General Hospital.

What To Bring

1. Your current list of medications
2. Bring a snack, especially if you are diabetic. You may be asked to eat during your exam.
3. Bring your inhaler if you use one.
4. Bring a book or magazine. The test is lengthy and there will be two waiting periods during your test.

Before Your Appointment

1. Don't consume caffeine 24 hours before your appointment. This includes all forms of coffee, tea, cola, chocolate and decaffeinated products. Please drink water, white milk, juice or lemonade prior to your appointment instead of caffeinated products.
2. Please don't eat or drink after midnight. However, if your appointment is scheduled after 11 a.m. you may have a small breakfast (ex. toast and juice) as long as you consume it at least four hours prior to your appointment.
3. If you will be exercising on the treadmill during your test, you will be advised to stop your beta blocker medication 24 hours prior to testing. Your doctor will advise you if you are on this type of medication.
4. If you are having a chemical stress test, you will be advised to stop Pletal, Aggrenox and

Before Your Appointment (cont.)

Theophylline based medications prior to testing. Your doctor will advise you if you are on these types of medications and for how long to stop them.

The Day of Your Test

1. Except for any medications you have been advised to stop prior to testing, please take your other normal medications with a small sip of water prior to coming in for your appointment.
2. Wear a clothing on the upper body that contains no metal, including snaps, buttons, zippers, embellishments, underwire bras and necklaces.
3. If you are scheduled to walk on the treadmill, please wear comfortable walking shoes.
4. Please don't smoke or use tobacco products the day of your test. Smoking decreases the imaging quality.
5. Please don't bring children with you due to the lengthy testing time and to avoid unnecessary radiation exposure to the child.
6. Please limit the number of guests you bring with you, due to constraints in waiting room sizes.

What To Expect

Your test will take approximately 3 – 4 hours. A nuclear medicine technologist will explain your test and start an IV. You will be given two doses of a radioactive isotope during this test. The type of stress test you receive will be determined by the ordering doctor.

Special Considerations

- If you are under 250 lbs. then your stress test will be completed in one day.
- If you are over 250 lbs. or a “D” cup bra size your stress test will be completed over a two day timeframe.
- If you are over 300 lbs. or unable to put your hands over your head, your stress test can’t be completed at the Belpre Medical Campus. It must be scheduled at Marietta Memorial Hospital.

Call the nuclear medicine department at (740) 374-1440 if you have questions.

Test Results

The doctor who ordered your test should contact you with your test results. Expect to receive these within 3 business days after your test is complete.

Additional Tests: **Exercise Tolerance Test (ETT)**

This is a type of stress test that involves no imaging or needles. An ETT is done to assess the heart’s electrical rhythm during exercise. An ETT can also be done to assess whether your heart rate rises appropriately during exercise.

What To Bring

1. Your current medicine list
2. Your inhaler, if you use one

Additional Tests: **Exercise Tolerance Test (ETT)**

Before Your Appointment

The doctor who ordered your test will instruct you if you need to stop any of your medications prior to the test.

The Day of Your Appointment

1. Except for any medications you have been advised to stop prior to testing, please take your other normal medications with a small sip of water prior to coming in for your appointment.
2. Please wear comfortable walking shoes.
3. Please limit the number of family members you bring with you and leave children at home.

What To Expect

For this type of test, you will have electrode patches placed on your chest. You will also be hooked up to an EKG machine. A nurse will check your blood pressure and listen to your lungs. A doctor, NP or PA will supervise as you exercise on a treadmill. Your EKG, blood pressure and heart rate will be monitored during the test. Exercise will continue until enough information has been obtained. The treadmill will then be stopped and you will be monitored until your heart rate and blood pressure come down to your normal level. This will complete your test.

Test Results

You should expect to receive the results of your test from the doctor who ordered your test within 3 business days.

Congestive Heart Failure (CHF) Clinic

Our CHF clinic provides specialized care and education for patients diagnosed with chronic congestive heart failure, helping them better understand their condition and how to manage their health. Our clinic's outpatient setting provides convenient and easy access to cardiology services, including nutrition and pharmacy counseling, to help minimize the need for hospital readmission.

How to Get Started

After you have received your physician's referral to our program, contact the CHF Clinic staff at (740) 568-4750 to schedule your first appointment.

Your health condition will be evaluated in our clinic during your first appointment. Issues of concern to you and your family will be identified during that visit and an individualized education plan will be created for you.

You will be scheduled for appointments as your condition warrants. These appointments will help you learn more about managing your congestive heart failure, controlling your symptoms and taking your medications appropriately. Our CHF Clinic will provide you with continued follow-up care for as long as it is needed. Our goal is to help you live well with CHF.

Vascular Services

What is Vascular Surgery?

Marietta Memorial Hospital's Vascular Department is staffed by board certified surgeons in vascular surgery. The goal of the department is to provide quality, compassionate care of patients with all vascular conditions. Vascular surgeons are the only specialist trained to provide all aspects of endovascular or minimally invasive interventions and open surgical care of patients with vascular disease.

VasTrac

Our non-invasive vascular screenings are free and the key to taking a proactive approach to your heart health. Vascular screenings are particularly helpful for anyone with a family history of early onset of heart disease, persistent leg pain, high blood pressure, high cholesterol or a personal history of smoking.

To be eligible you must:

- Have no past participation in the program
- One visit per patient
- No current involvement with a vascular specialist
- Be age 18 or over

Please call (740) 374-1750 to register and schedule your free screening.

Before Your Appointment

You cannot eat or drink after midnight (the day before your appointment) and make sure to wear comfortable clothes or bring shorts to change into for the test.

How Do You See a Vascular Surgeon?

You will need a referral from your primary care physician (PCP). Your PCP may order testing (i.e. ultrasound) to be completed before you see the vascular surgeon, depending on your condition. The ultrasound test will provide detailed information for your vascular surgeon to determine your treatment options.

How to Prepare for Your Appointment With the Vascular Surgeon?

You need to complete your specialized testing ordered by your PCP. You will receive a history sheet in the mail that needs to be completed and mailed back in the stamped, addressed envelope provided. This information will help us expedite the process when you arrive for your appointment. Please make sure to bring a current list of your medications and your insurance card. Arrive at least 15 minutes before your scheduled appointment time.

Non-Invasive Vascular Laboratory

Our vascular department also manages the non-invasive vascular laboratory. The laboratory diagnoses all aspects of vascular disease including arterial and venous conditions. Our vascular laboratory has been accredited by the Intersocietal Accreditation Commission in more areas than any other facility in the Mid-Ohio Valley. Accredited facilities demonstrate a commitment to the performance of quality vascular testing and strive to meet nationally recognized standards. This accreditation ensures high quality patient care and quality vascular diagnostic imaging – a “seal of approval” patients can count on.

Vascular Studies Performed

Our accredited facilities perform studies at Marietta Memorial Hospital and the Belpre Medical Campus. Studies performed include:

- Carotid artery ultrasound to evaluate stroke risk
- Aorta ultrasounds to evaluate for abdominal aortic aneurysm (AAA)
- Renal artery sonography
- Superior mesenteric and celiac artery sonography
- Arterial doppler evaluation for peripheral artery disease (PAD)
- Bypass graft or stent sonography to evaluate for stenosis of grafts/stents
- Venous sonography to evaluate for deep vein thrombosis (DVT)
- Venous reflux sonography to evaluate for venous insufficiency and varicose veins
- Vein mapping to evaluate for placement for dialysis fistula or access

Most ultrasounds do not have any special preparation needed and all are non-invasive. For ultrasounds of the aorta, mesenteric and renal arteries, the patient cannot eat or drink after midnight (the day before the test). They must also have a fat free evening meal and take Gas X tabs the night before the test and the morning of the test. Gas X can be purchased over the counter at any drug store.

Surgical Options

We perform all aspects of surgical intervention, including less invasive endovascular surgery and open vascular procedures. Interventions include, but are not limited to the following:

- Carotid endarterectomy or stent placement for stroke prevention
- Percutaneous endovascular stent graft repair of AAA (PEVAR)
- Open repair of AAA
- Renal artery stent placement
- Mesenteric artery stent placement
- Renal artery or mesenteric artery open reconstruction
- Lower extremity angioplasty or stent placement
- Lower extremity bypass
- Laser ablation of the greater saphenous vein for symptomatic varicose veins
- Stab phlebectomy of varicose veins
- Cosmetic sclerotherapy for spider veins
- Dialysis Procedures:
 - Creation of AV fistula or grafts
 - Insertion of peritoneal dialysis catheters (PD)
 - Insertion of perm catheters for dialysis

All vascular procedures are performed at Marietta Memorial Hospital and require lab work, chest x-ray and EKG prior to the procedure. All procedures also require that patients don't eat or drink after midnight (the day before the test). They must have an individual ready to drive them home after the procedure or the day of discharge.

For most patients, the venous procedures and the dialysis procedures are performed on an outpatient basis and they typically go home the same day of the procedure. Patients must have someone available to drive them home the day of the procedure.

Patients having carotid surgery or endovascular repair of AAA procedures will typically spend the night and go home the next day. Angioplasty and stent procedures will typically go home the same day or they may spend the night.

Patients having open vascular surgery will usually be admitted to the hospital for recovery and when discharged they will need someone to drive them home.

Cosmetic Sclerotherapy for Spider Veins

This procedure is done in in our office. Insurance does not cover this procedure as it is for cosmetic purposes.