

Transcatheter Aortic Valve Implantation (TAVI) Information Guide



SOUTHLAKE
REGIONAL HEALTH CENTRE



You have been diagnosed with severe aortic valve stenosis. You have undergone tests that have confirmed TAVI (transcatheter aortic valve implantation) is an option for you in order to treat your aortic stenosis. The new valve is placed into your aortic valve using a catheter (a thin tube) that is inserted either through a large blood vessel in your groin (Transfemoral) or a small incision in your chest (Transapical). The TAVI team will determine which approach is the most appropriate access route for you and will discuss this with you.

You have met with the TAVI team and have decided that you would like to proceed with a TAVI procedure. You are now on the wait list for a TAVI procedure at Southlake Regional Health Centre.

This information booklet will provide you with the following:

- 1. What to do if your symptoms change or you are admitted to another hospital while you are waiting for TAVI.**
- 2. Preparations required for the procedure.**
- 3. Details regarding your hospital stay at the time of your TAVI procedure.**

Timing of your TAVI Procedure

There are a number of factors that are considered that will determine the length of time you will be on the waitlist for your TAVI procedure such as your overall health and the severity of your symptoms. The average waiting period for a TAVI procedure is approximately 3 months from the time you are accepted for TAVI to the actual TAVI procedure.

The TAVI coordinator will discuss the approximate date for your procedure with you.

Please note: We may need to cancel or postpone your procedure because of unexpected emergencies.

What to do if your symptoms change or you are admitted to another hospital while you are waiting for your TAVI procedure.

While waiting for your TAVI procedure it is important to contact the TAVI Coordinator at 905 895-4521, ext 2546 if you:

- Have any sudden changes in your health
- Visit an emergency room
- Have been admitted to hospital

Your family doctor and heart specialist will continue to be responsible for your medical care and will continue to monitor your condition while you are waiting for your TAVI procedure. Please keep them informed of any changes in your condition.



To help you prepare for your TAVI procedure, it is important to start planning as you will need:

- Someone to take you home after the procedure
- Someone to assist you at home while you are recovering
- Someone to take you to your follow up appointments

It is important to involve your family, next of kin, power of attorney for your healthcare or your substitute decision maker in the discussion of your treatment plan so they are aware of your wishes in the event you are unable to speak for yourself.

Pre-Operative Clinic

You will need to come for your pre-operative clinic visit prior to your TAVI procedure. Allow at least 3 hours for the pre-op clinic visit as you may need to have a Chest-X Ray, ECG, blood work, as well as consultations from a nurse, pharmacist and anaesthesiologist.

We will do everything possible to try and have this appointment on the same day as one of your TAVI clinic appointments but we may be unable to due to clinic availability.

Please bring:

- All medications (prescription and over the counter) in their original containers
- Health Card

Admission to hospital for your procedure

What to expect during your Hospital Stay for TAVI:
You may be admitted either the night before your procedure or the day of your procedure. The TAVI Coordinator will let you know when and where you should arrive as well as provide you with contact information for the unit you will be admitted to.

What to bring to the hospital:

- Toothbrush and toothpaste
- Comb or brush
- Slippers with non slip soles
- Glasses
- Hearing aids
- Reading material
- Mobility aids such as your walker and cane
- Clothing for your day of discharge including shoes
- Please ensure you have labeled all your belongings including glasses, hearing aids, dentures, walkers or canes.
- **DO NOT BRING ANY VALUABLES TO THE HOSPITAL**

The TAVI Procedure

Your TAVI procedure will be done either in the operating room if you are having a transapical approach (a small chest incision) or in the cardiac catheterization procedure room if you are having a transfemoral (through your groins) approach. The inter-professional TAVI healthcare team will be with you during and after your procedure and will continue to care for you until discharge.

The healthcare team will individualize your plan of care based on certain criteria such as: the approach selected for you (transfemoral or transapical); your overall health; and the severity of your symptoms. Based on these criteria, your procedure may be performed using either a sedation medicine or a general anaesthetic. If a general anaesthetic is administered, you will have a breathing tube which will be removed after the procedure.

You will have intravenous lines to allow staff to deliver medications and fluids if you require them. The catheters that are inserted in your groin to place the new valve will be removed after the procedure.

After your procedure, you will be transported to a recovery area. Once you are stabilized, you will then be transferred to the ward where you will remain until discharge. The inter-professional team will continue to follow your progress and prepare you for discharge.

Post-TAVI Procedure

Hospital stay following TAVI

Each patient is different and it is difficult to say how long you will remain in hospital after your procedure. The typical stay in hospital after TAVI is anywhere from 1-6 days however most of our patient go home within 48 hours of their procedure.

Planning for going home after TAVI

Once you have been told you will be having a TAVI procedure you should begin to make plans for your care at home following the procedure. The further in advance you can make arrangements the better. This is a key part in ensuring your recovery from the TAVI procedure is successful.

Discharge from Hospital

You will need to arrange for someone to drive/travel with you home after your procedure. You are responsible for making your own travel arrangements home



At Home

You will require help when you first go home after your procedure. While it is difficult to predict how much and how long you will need help at home it is best to plan ahead for someone to stay with you. We suggest you have someone that can stay with you for at least the first week to help you recover. Most people who have had TAVI say it takes them 1-2 months to fully recover.

If you are from a long distance from Southlake we suggest you stay one night close to the hospital before your trip home.

Procedural Site Care

Transfemoral – If you had a transfemoral TAVI procedure you will have small incisions or puncture wounds in both of your groins.

Transapical – If you had a transapical TAVI there will be a small incision on the left side of your chest, as well as puncture wounds in your groin.

You should look at the incisions in your groins or chest every day. It is normal for these areas to be mildly red, tender, swollen and bruised. You may have a small amount of clear drainage from these sites.

You should seek medical attention if you notice:

- Bleeding from the puncture wounds in your groin
- A painful lump in either one of your groins
- Fever and chills
- Worsening redness, pain and warmth along your incision
- Yellow, green or pus like drainage from your incision site



Medications

You will be given a prescription before leaving the hospital. Please ensure this prescription is filled within 24 hours of your discharge. Your family doctor will be provided with a list of your discharge medications and should review these with you at your first appointment.

- You may be discharged home on medications that will prevent blood clots from forming on your new heart valve. You should take this medication every day.

Activity

Each patient's recovery from their TAVI procedure is different. The speed of your recovery is partially dependent on their overall health prior to the TAVI. The majority of patients who have undergone TAVI state it takes up to 6-10 weeks to feel fully recovered.

- No lifting, pulling or pushing anything that weighs more than 10 pounds for the first week following your procedure
- Gradually increase your activity every day as your exercise tolerance increases after your procedure.

Driving Restrictions

- You must not drive for at least 4 weeks following your procedure
- If your family doctor or heart specialist has told you in the past that you cannot drive due to a medical concern you must check with them prior to driving again.

Follow-up Appointments

- You will need to arrange an appointment to see your family doctor approximately one week after your procedure.
- You will be seen in the TAVI follow up clinic approximately 4-8 weeks after your procedure. We will inform of your appointment date and time prior to your discharge.
- You will see your regular heart specialist 6-8 weeks after your procedure. This doctor will be responsible for the care of your ongoing cardiac medical issues.



Patient Questions:



Lined writing area consisting of 20 horizontal lines.

How to find us:



- V** Southlake Village, 640 Grace Street
- M** Medical Arts Building, 581 Davis Drive
Southlake Foundation, 581 Davis Drive
- H** Southlake Regional Health Centre
- C** Stronach Regional Cancer Centre
- T** The Tannery Mall, 465 Davis Drive
- P** Parking
- (** Bridge crossing Davis Drive. Accessible from
P3 of the Parking Garage and Level 3
of the Medical Arts Building.

For more information, please contact:

Southlake Regional Health Centre

TAVI Clinical Secretary

Southlake Village
640 Grace Street,
Newmarket, ON L3Y 8V7
905 895-4521 ext. 6500
www.southlakeregional.org