

Transcatheter Aortic Valve Implantation (TAVI)

Transcatheter Heart Valve Program
Heart Health Program
QE II Health Sciences Centre
1796 Summer Street
Halifax, NS B3H 3A7

Contents

Why do I need a TAVI?	1
What is a TAVI?.....	2
Your health care team	3
Getting ready for your TAVI	4
Dental visit.....	4
Lowering your risk of complications	4
Getting ready for your hospital stay.....	5
What to expect	7
The day before your TAVI	7
Pre-assessment Clinic.....	7
Getting your skin ready for your procedure.....	8
The day of your TAVI.....	10
During your TAVI	11
After your TAVI	12
Visitors	12
Pain control	12
Activity, breathing, and exercise	12
The day after your TAVI	13
Getting ready for discharge	14
Going home	15
Caring for yourself at home	15
Puncture sites.....	16
Medications	17
Things to remember.....	18
Exercise.....	19
Tips to help your appetite.....	23
Follow-up at the QE II.....	23
Timeline for having a TAVI	24

The information in this pamphlet will help you understand your transcatheter aortic valve implantation (TAVI), including:

- › What will happen on the day of your procedure
- › Your hospital stay after your procedure
- › Your care after your procedure, including at home
- › Your recovery

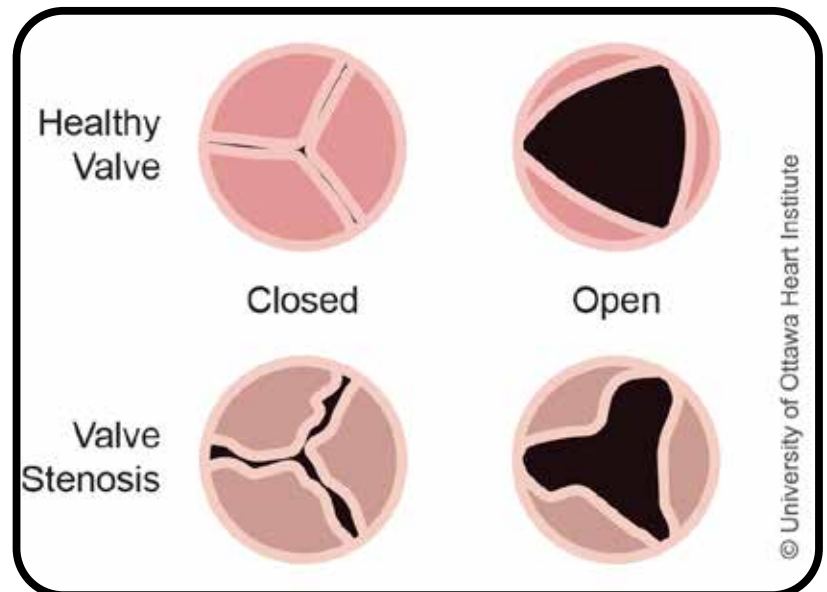
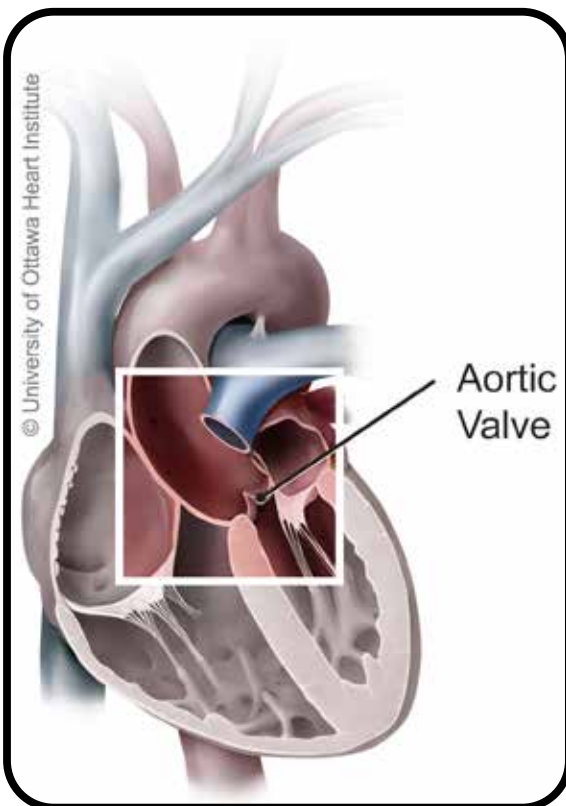
Not every journey is the same. This may be a stressful time. You will get a lot of information about your medical condition. This pamphlet will help you keep track of what you need to do before and after your TAVI procedure. Your health care team will go over this pamphlet with you.

Please read this pamphlet and write down any questions you have for your health care team. There is space at the end to write down your questions and appointments.

Transcatheter Aortic Valve Implantation (TAVI)

Why do I need a TAVI?

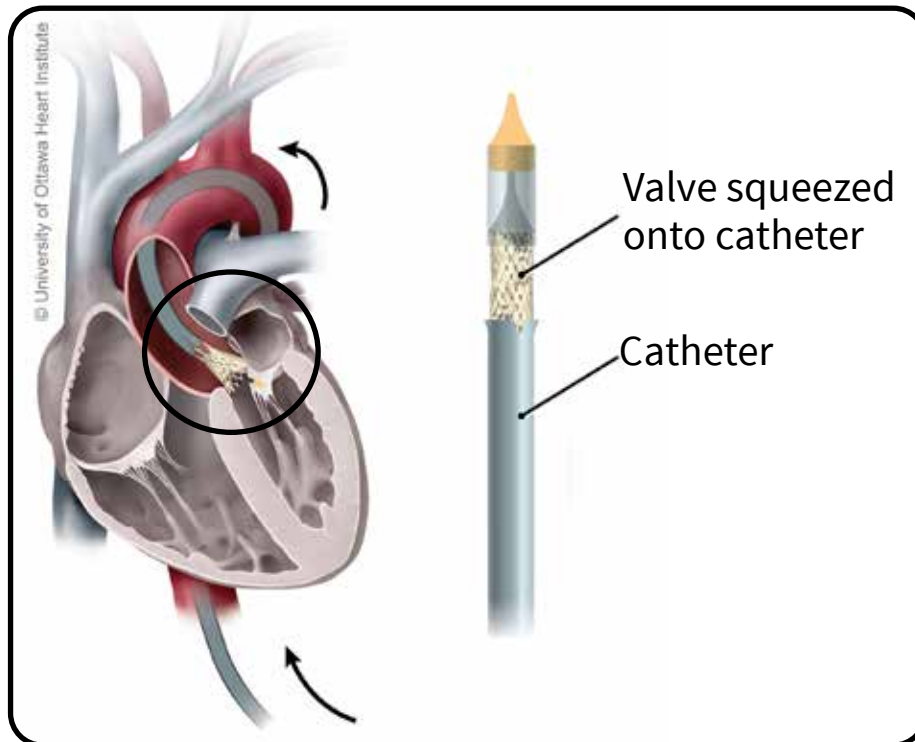
- You may need this procedure because you have what is called aortic stenosis.
- Your heart has 4 valves. They control the flow of blood in and out of your heart.
- The aortic valve is on the left side of your heart. It opens to pump blood from your heart to the rest of your body.
- If you have aortic stenosis, the aortic valve is narrow or does not open properly. This means that the blood cannot flow easily from your heart to the rest of your body.



- Aortic stenosis puts extra strain on your heart and can cause:
 - › Trouble breathing
 - › Swollen ankles
 - › Chest pain
 - › Dizziness
 - › Fainting
- Aortic valve stenosis is treated by repairing or replacing the aortic valve. If open heart surgery is too risky for you, your health care team may recommend a TAVI.

What is a TAVI?

- This procedure is less invasive than open heart surgery. This means that smaller surgical cuts are made and less recovery time is needed.
- The aortic valve is made of tissue from the heart of a cow or a pig. This tissue is attached to a flexible, metal mesh frame or stent (tube) that expands (gets bigger) as needed.



- The doctors will insert (put in) the catheter through a large artery (blood vessel) in your groins. If this is not possible, they may insert the catheter through another puncture site.
- The doctors will guide the valve through your artery up to your heart. Once it is in the right place, they will open the aortic valve and it will push your old aortic valve to the side. The new valve will start to work right away.

Examples of valves used in a TAVI:



Your health care team

- The members of your health care team work together to make sure you are getting the best care. Your health care team includes:
 - › Anesthesiologists (doctors who put you to sleep for your surgery)
 - › Cardiologists (heart doctors)
 - › Cardiac (heart) surgeons
 - › Cardiac Catheterization Laboratory (Cardiac Cath Lab) staff
 - › Echocardiographers (health care providers who take ultrasounds of your heart)
 - › Nursing unit staff
 - › PATH (Palliative and Therapeutic Harmonization) team
 - › TAVI nurse coordinator
 - › TAVI nurse practitioner (NP)

TAVI Nurse Coordinator

- The TAVI nurse coordinator will help you and your loved ones/support persons through the process. They will give you books, pamphlets, and videos before and after your procedure. Please tell your TAVI nurse coordinator if you have any questions about your procedure.
 - › Phone: 902-473-4054

To decide if a TAVI is right for you:

You may need 2 tests:

- **Coronary angiogram (dye test):** This test looks at the condition and location of the arteries that supply your heart with blood.
- **CT scan:** This test shows:
 - › The size of the arteries in your groins and chest
 - › The size and shape of your aortic valve

If you do not have these tests, you cannot have a TAVI.

Getting ready for your TAVI

Dental visit

- If you have your own teeth and have not seen your dentist in the last 6 months, book a dental appointment before your TAVI.
- **If your dentist says you need dental work (like having a tooth pulled or having an infection treated), you must have it done before your TAVI.**

Lowering your risk of complications

- **Stop smoking:** Ask your health care team about supports and services to help you stop smoking (like quit aides).
- **Reach a healthy body weight:** Ask your health care team about:
 - › The Cardiac Health and Wellness Program (Hearts in Motion)
 - › Connecting with local dietitians or weight loss programs approved by the Heart Health Program
- **Lower your salt intake:** You should have less than 2 grams of salt a day.
- **Drink less than 2 litres of liquids a day:** Liquids include soup, Jell-o[®], coffee, tea, water, juice, shakes, and smoothies.
- **Walk every day:** Stop and rest if you have trouble breathing or feel tired.
- **Do not lift objects that weigh more than 10 pounds:** This includes children, groceries, and laundry.
- **Take all of your medications as prescribed.**
- **Do not do activities that raise your heart rate:** This includes shovelling snow, using a snow blower, and cutting grass.

If you have these symptoms while moving and they do not get better after resting for at least 10 minutes, call 911 or go to the nearest Emergency Department right away:

- › Trouble breathing
- › Chest pain

- You may want to talk with your loved ones and support persons about legal matters.
- Please bring your Personal Directive with you to the hospital (if you have one). For more information, see pamphlet 2327, *Making Health Care Decisions for Someone Else: Acting as a Substitute Decision-Maker (SDM)*:
 - › www.nshealth.ca/patient-education-resources/2327

Getting ready for your hospital stay

You will be in the hospital for 1 to 2 days after your TAVI. You may need to stay longer if you have complications.

What to bring

- **Leave all valuables (like jewelry, money, or credit cards) at home. The hospital is not responsible for the loss of any item.**
- Please bring the following:
 - All of your medications in their original containers (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements). After your health care team has reviewed your medications, they will be sent home with your support person.
 - Toothbrush and toothpaste
 - Walking shoes with good grips or sneakers (wear these when you come to the hospital)

Getting ready for going home

- You will need help at home after your TAVI. We recommend that you arrange for a support person (like a family member or a friend) to stay with you for your first week (7 days) at home.
 - › If this is not possible, you may choose to hire a homecare worker or arrange for a short-term stay in a convalescent care facility. If you need help arranging this, ask to talk to a social worker. There is a fee for both of these services.
- If you are not able to arrange for help at home after your TAVI, please tell your TAVI nurse coordinator.
 - › Phone: 902-473-4054

Heart Health Program staff will work with you to try and book your TAVI for when you have support available.

- If you think you may need government help to pay for medications or homecare after your TAVI, please contact the Department of Social Development to find out if you qualify.
 - › Phone (toll-free): 1-866-441-4340

These plans are your responsibility and must be made before you come for your TAVI.

- Accommodations for support persons are not available at the hospital. There are accommodations near the hospital that offer lower rates for your support persons. Ask the booking clerk for more information.
- **Do not drive for at least 4 weeks (1 month) after your procedure.** Please arrange for transportation home from the hospital, as well as someone to help you with driving until you are able to do so.

What to expect

The day before your TAVI

- Bring all of your medications with you.
- Go to the Halifax Infirmary and register at the kiosk in the main entrance.
- Go to Blood Collection, then ECG. Then go to the Cardiac Pre-assessment Clinic:
 - › 6th floor, room 6015
- You may meet with members of your health care team, including nurses, nurse practitioners, doctors, and anesthesiologists (doctors who give you medication to help you relax before your procedure).
- Your health care team is there to help you and answer any questions you or your support person may have.

Pre-assessment Clinic

- The TAVI NP will ask about your medical conditions and if you have someone to stay with you and help you at home for 7 days after the surgery.
- They will also:
 - › Do a physical assessment
 - › Review your medications
 - › Go over the procedure with you
 - › Give you instructions for your procedure

This is a good time to ask any questions you have written down at the back of this pamphlet.

Anesthesiologist

The anesthesiologist will explain the medications used during the TAVI. They will:

- › check if you have any allergies or medication allergies.
- › tell you if you will need conscious sedation (medication to make you feel fully relaxed during your procedure), general anesthesia (medication to put you to sleep during your procedure), or local anesthesia (freezing).

Interventional cardiologist/cardiac surgeon

- This doctor will meet with you before your TAVI to:
 - › Talk about any possible risks
 - › Answer any questions you may have
 - › Review your consent for the procedure

Getting your skin ready for your procedure

- You will get a package of cloths to clean your skin before your procedure. The cloths are pre-moistened with 2% chlorhexidine gluconate (CHG). CHG is used to clean and prepare your skin before your procedure.
- **Do not open the package until you are ready to use the cloths.**

2 days before your TAVI:

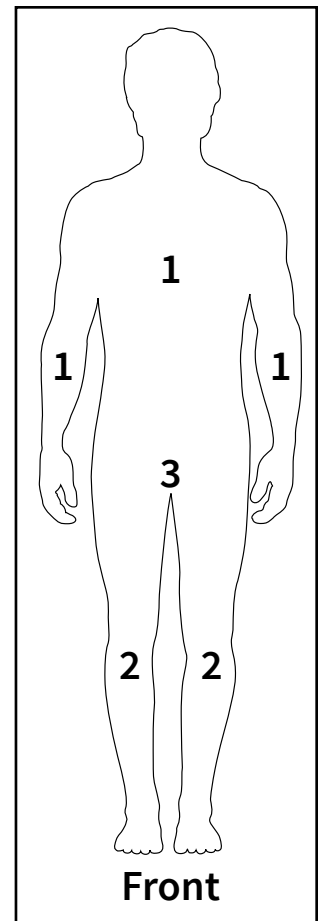
- **Do not shave any part of your body**, including your face, your legs, or under your arms.
- Shaving before you apply 2% chlorhexidine gluconate (CHG) may cause redness or make your skin itch.
- You may continue to bathe or shower as usual.

The night before your TAVI, follow these instructions to get your skin ready:

- Shower or bathe.
- **1 hour after your shower or bath**, use 3 CHG cloths to clean your skin. Follow the instructions on the next page.
- Your skin should be completely dry and cool before applying CHG.
- **Do not let the cloth touch your eyes, ears, or mouth.**
- After you use the CHG cloths, **do not shower or bathe.**
- CHG works best when left on the skin. **Let the CHG dry completely. DO NOT RINSE OFF.**
- **Do not use lotions, moisturizers, or makeup.** Water and ingredients commonly found in personal care products can lower the cleansing effects of CHG.
- When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching sensation and/or redness. Showering or shaving right before applying CHG may make this worse. If itching or redness continues, rinse affected areas with warm (not hot) water and stop using CHG.
- **If you have a package of more than 3 cloths, make sure to re-seal the package so the other cloths do not dry out.**

Instructions for using CHG cloths:

1. Using the 1st cloth:
 - › Gently wipe your neck and chest.
 - › Start at your chin and end at your belly button.
 - › Make sure to wipe from shoulder to shoulder.
 - › Still using the 1st cloth, wipe both arms.
 - › Start at your shoulder and end at your fingertips.
 2. Using the 2nd cloth:
 - › Gently wipe the inside and front of both legs.
 - › Start at your ankle and wipe towards your groin.
 3. Using the 3rd cloth:
 - › Gently wipe your groin.
 - › Make sure you wipe between any skin folds (not inside genitals).
- After using the 3 cloths, let your skin dry for 1 minute.
 - **Do not rinse any part of your skin.** It is normal for the skin to feel sticky for a few minutes after the CHG is applied.
 - Dress in clean clothes.



The day of your TAVI

Follow these instructions to get your skin ready:

- Shower or bathe.
- **1 hour after your shower or bath**, use 3 CHG cloths to clean your skin. Follow the instructions on page 9.
- Your skin should be completely dry and cool before applying CHG.
- **Do not let the cloth touch your eyes, ears, or mouth.**
- After you use the CHG cloths, **do not shower or bathe.**
- CHG works best when left on the skin. **Let the CHG dry completely. DO NOT RINSE OFF.**
- **Do not use lotions, moisturizers, or makeup.** Water and ingredients commonly found in personal care products can lower the cleansing effects of CHG.
- When applied to sensitive skin, CHG may cause skin irritation such as a temporary itching sensation and/or redness. Showering or shaving right before applying CHG may make this worse. If itching or redness continues, rinse affected areas with warm (not hot) water and stop using CHG.
- **If you have a package of more than 3 cloths, make sure to re-seal the package so the other cloths do not dry out.**

When you are in the hospital

- Staff will use special clippers to remove any body hair in the area where you will be having your procedure. **Do not** use a razor to remove your own body hair. You may shave your face. Goatees, short beards, and moustaches **do not** need to be removed.
- You may be given oxygen to breathe in through a mask.
- You will have an intravenous (I.V.) tube inserted into a vein in your hand or arm. This may be used to give you medications during your procedure.
- You will be given medication (through your I.V. or as a pill) to help you relax.
- Your support persons can be with you at this time. If you are sleeping, it is best for them to let you sleep.
- About 30 minutes to 1 hour before your procedure, you will be taken to the Cardiac Cath Lab on the 6th floor. Staff will show your support persons to where they can wait. This is where the doctors will talk with them after your procedure.
- We will give your personal items (like glasses, dentures, hearing aids) to your support persons, so that they will have them ready for you after your procedure.

During your TAVI

- The procedure will take about 1 to 1 ½ hours, or sometimes a bit longer. You will be given conscious sedation or general anesthetic, depending on what is right for you. You will not feel any pain.
- If you have general anesthesia, a doctor will put a breathing tube in your mouth. This tube is connected to a breathing machine. Usually, the breathing tube is removed before you are fully awake. If you are very sleepy after your procedure, the tube may stay in until you are more awake.
- All other needed equipment (like more I.V. tubes) will be put in after you are fully relaxed or asleep.

After your TAVI

- After your TAVI, you will be moved to the nursing unit for the rest of your recovery in the hospital. Your support persons may visit you shortly after you arrive on the unit. You may still be drowsy for several hours. The nurses and doctors will assess you and then bring your support persons in to visit.

Visitors

Family, loved ones, and support persons are very important for your recovery. You will decide who you would like to have visit you and we will work with you to make this possible.

Pain control

- The amount of pain each person feels after this procedure is different.
- **It is very important to tell your nurse if you have:**
 - › Discomfort
 - › Trouble breathing
 - › Coughing

They may give you medication to help with these symptoms, as needed.

- **It is very important to control your pain, as this will let you do your breathing exercises and other activities that are needed for your recovery.** Good pain control will help with your healing.

Activity, breathing, and exercise

- You may feel very tired after your TAVI and want to sleep. You will be on bedrest for 4 to 6 hours. After this time, your nurse will help you sit at the side of your bed, transfer from one place to another (like from a bed to a chair), and mobilize (move).
- You will be able to eat and drink. **Visitors should check with the nurse before giving you any liquids**, as they need to be measured. Heart healthy meals will be provided.

The day after your TAVI

- Your health care team will talk with you about your discharge plan. If the plan changes, they will talk with you and your support person.
- You will sit in a chair for a longer time. You will also walk around the unit a number of times, with help.
- You may still feel tired, but the more you work at your activity, the faster you will recover.
- We will monitor your heart rhythm using a portable transmitter that you will carry around your neck. This transmitter will set off an alarm at the nurses' station if there are any problems.
- You will have an echocardiogram (a test that shows the size, shape, movement, and flow of blood through the heart), a chest X-ray, and blood tests.
- We encourage your support persons to be with you so that they can learn about your recovery and be prepared to help when you go home.
- **You will be working towards:**
 - › Getting in and out of bed with very little help
 - › Doing your breathing and coughing exercises well
 - › Walking with as little help as possible, and possibly on your own, for at least 5 minutes, 5 or 6 times a day

Getting ready for discharge

- You can expect to stay in the hospital for about 1 to 2 days after your procedure. When you go home will depend on the type of surgery you had and how quickly you recover. Everyone recovers at a different rate.
- Before going home, it is important to arrange for:
 - Someone to take you home
 - Someone to stay with you and help you at home for 7 days
- The TAVI team will make sure you have:
 - Prescriptions for your medications
 - A letter explaining your procedure for your primary health care provider (family doctor or nurse practitioner)
 - Information about your care and recovery for you and your support persons
- Sometimes people may return to their local hospital or need homecare for a time to help with certain conditions. Your health care team will talk with you about whether you need these services and what to do next.

Going home

Caring for yourself at home

- You and your support persons must start planning for your return home **before** you are admitted to the hospital.
- **You cannot drive yourself home, so please arrange for someone to drive you home.** If you have a long drive, it is a good idea to stop and stretch along the way.
- See your primary health care provider within 1 week of being discharged. You are responsible for making this appointment.

For the first 2 weeks (14 days) after you leave the hospital:

- › **Do not** lift, push, or pull anything that weighs more than 10 pounds.
- Even though you may feel ready to go back to your usual activities, we recommend that you take it easy for at least 1 month (30 days) after you leave the hospital.
- If you need to climb stairs, try to limit this to a couple of times a day for the first week. When you are stronger, you may go up and down stairs as needed.
- **Do not drive for 4 weeks after your procedure.** Talk to your primary health care provider before driving if you still feel dizzy or lightheaded.
- Each day you should feel better and stronger, and will be able to do more. Try to do as much as you can for yourself.
- Some days you may feel tired and a little down. These days will happen less often over the next few weeks. If you feel tired during your first week at home, have a short nap. Each day, try to do a bit more exercise.

Puncture sites

- It is common to have a small bruise or a soft lump at the puncture site (where the catheter was put in). The bruising may spread down to your thigh. This should slowly go away over the first few weeks.
- Keep the bandage on the puncture site for the first 48 hours (2 days) after you return home. Then check the puncture site each day.
- **It is OK to shower as long as you:**
 - › Use warm (**not hot**) water.
 - › **Do not** use perfumed soaps, lotions, or creams on the puncture sites.
 - › Gently pat the puncture sites dry with a clean towel. **Do not** rub the puncture sites.

Call your primary health care provider if you have:

- › A lump that is getting bigger or an area that is still red and warm
- › Yellow drainage from the puncture site
- › Numbness in your leg that gets worse
- › Discomfort at the puncture site that is severe (very bad) or gets worse

If you cannot reach them, call 911 or go to the nearest Emergency Department right away.

If your puncture site starts to bleed:

- › Use 2 to 3 fingers to apply firm pressure to the site. Then find a place to lie down.
- › Keep pressure on the site for 15 minutes.

If it the bleeding does not stop:

- › **Keep pressure on the site and call 911 or have someone drive you to the nearest Emergency Department right away. Do not drive yourself.**

Call 911 or go to the nearest Emergency Department right away if you have:

- › Dizziness or fainting
- › Angina or chest pain, pressure, or heaviness that you have never had before
- › Pain in your chest, neck, or shoulder that gets worse when you take a deep breath
- › Fever (temperature above 38 °C or 100.4 °F) for more than 24 hours (1 day)
- › Trouble breathing that does not go away after resting for 10 minutes
- › Tiredness that is worse than you before your TAVI and that does not get better in 2 to 3 days

Medications

- Your medications will probably change after your TAVI. The TAVI nurse coordinator will go over your medications with you.
- **Take ONLY the medications prescribed at the time you leave the hospital.** Make sure you have a list of all your medications, including:
 - › Name
 - › What it does
 - › How much to take
 - › When and how to take it
 - › Side effects
- **DO NOT take more or less of your medication, or stop taking your medication, without talking to your primary health care provider, your cardiologist, or the TAVI NP first.**

Anticoagulants (blood thinners)

- After your TAVI, you will need to take a blood thinner. Your cardiologist or TAVI NP will decide which medication is right for you. You may be asked to take 1 blood thinner, or a combination of 2 or more medications.
- Because blood thinners make your blood take longer to clot than usual, you may find that you bruise more easily. Call your primary health care provider right away if you have:
 - › Pink or red urine (pee)
 - › A black bowel movement (blood in your poop)
 - › Severe headaches or stomach (belly) pain
 - › Heavy bleeding from your gums or nose
 - › Brown or red vomit (throw up)
 - › A lot of bruising

Things to remember

- Take your medications exactly as prescribed by your doctor or nurse practitioner (NP).
- **Do not** stop taking your blood thinner(s) without talking to your doctor or NP first. **Never** take 2 doses at once.
- **Do not** take over-the-counter medications or herbal products without talking to your doctor, NP, or pharmacist first. Some medications may increase your chance of bleeding.
- Talk to your pharmacist if you have any questions about your medications.
- If you are going for dental work or a procedure, tell your dentist or dental surgeon that you are taking anticoagulants (blood thinners).
- Carry ID that says you are taking blood thinners and wear a MedicAlert® bracelet.
- Vitamin K affects how blood thinners work. Eat the same amount of foods with higher amounts of vitamin K each day, like:
 - › Brussels sprouts
 - › Cauliflower
 - › Green tea
 - › Green, leafy vegetables
 - › Vegetable oils (like soybean, canola, or olive oil)



Do not eat a lot one day and none the next, as this can change how your blood thinner medication works.

Antibiotics

- Tell your dentist or surgeon that you have had a TAVI before you have any dental work, a procedure, or exams that are invasive (like rectal [bum] or bladder exams). They can prescribe antibiotics for you to take before your procedure.
- These types of procedures may cause an infection that can affect your heart valve. Signs of infection include:
 - › Fever, chills, or sweating
 - › Feeling unwell and tired without getting better
- If you have any of these symptoms, see your primary health care provider right away.

Fluid intake

- You may need to limit your fluid intake for a few weeks after your TAVI. If you retain (keep) fluid in your body, it can cause you to have trouble breathing, and make your feet, ankles, and legs swollen and puffy.
- Your nurse will tell you about any fluid restrictions after your procedure. Fluids include:
 - › Drinks (like tea, coffee, water, juice, milk, pop)
 - › Frozen yogurt
 - › Sherbet
 - › Jell-O®
 - › Soups
 - › Broths

Exercise

- A walking program is a safe and easy way to start exercising.
- Follow the exercise program using the Activity Tracker on the next page. Start at Level 1. When this gets easy, move on to Level 2. Listen to your body and move through the steps at your own pace. You should reach Level 4 about a month after your procedure.
- When you first go home, you may walk outdoors if the weather is OK. A good place to start walking is in a mall, as it is flat and the temperature is controlled.
- Have someone walk with you until you gain more confidence.
- Start with a flat surface. **Do not** walk on hills until you can walk on a flat surface for at least 15 minutes without feeling too tired or short of breath. When you start with hills, stop to rest often.
- Wait 1 hour after eating before exercising. **Do not** exercise if:
 - › you are too tired from other activities.
 - › you have a cold, a flu, or another illness.

Activity Tracker

Use the following tables to track your activity. Remember to listen to your body and rest as needed.

Level 1

Day 1: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 2: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 3: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 4: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 5: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 6: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 7: Walk 5 minutes, 6 times

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level 2

Day 1: Walk 10 minutes, 3 times

Day 2: Walk 10 minutes, 3 times

Day 3: Walk 10 minutes, 3 times

Day 4: Walk 10 minutes, 3 times

Day 5: Walk 10 minutes, 3 times

Day 6: Walk 10 minutes, 3 times

Day 7: Walk 10 minutes, 3 times

Level 3

Day 1: Walk 15 minutes, 2 times

Day 2: Walk 15 minutes, 2 times

Day 3: Walk 15 minutes, 2 times

Day 4: Walk 15 minutes, 2 times

Day 5: Walk 15 minutes, 2 times

Day 6: Walk 15 minutes, 2 times

Day 7: Walk 15 minutes, 2 times

Level 4

Day 1: Walk 30 minutes, 1 time

Day 2: Walk 30 minutes, 1 time

Day 3: Walk 30 minutes, 1 time

Day 4: Walk 30 minutes, 1 time

Day 5: Walk 30 minutes, 1 time

Day 6: Walk 30 minutes, 1 time

Day 7: Walk 30 minutes, 1 time

There are 2 ways to make sure you are not exercising too hard or doing an activity that is too hard for you:

1. Watch your breathing:
 - › If you are not able to walk and talk at the same time, you are working too hard. Slow down or stop and rest.
2. Watch your pulse:
 - › It is safe for your heart to beat up to 20 to 30 beats a minute faster than when you are resting.

STOP AND REST if you do not feel well or if you have any of the following:

- › Pain or tightness in your arms, back, chest, jaw, or neck
- › Dizziness
- › Feel confused
- › Feeling that your heart is racing or has a different type of beat
- › Nausea (feeling sick to your stomach), trouble breathing, and sudden tiredness

Go to the nearest Emergency Department right away if these symptoms do not go away within 10 minutes. Call your primary health care provider if these symptoms go away, but you are still worried about them.

Tips to help your appetite

- **It is important to go back to a well-balanced eating plan as soon as possible after your TAVI. Healthy eating promotes healing.**
- Many people find that they do not feel hungry for the first few weeks after their procedure. You may find both the taste and the texture of food seem different.

Tips to help you eat well:

- **Eat 6 or more small meals throughout the day.** This will help to prevent nausea.
- **Eat healthy snacks throughout the day** (like low fat pudding, low fat yogurt, low fat cheese and crackers, or peanut butter on toast).
- **If food leaves a metallic aftertaste**, try eating lemons, other tart fruits (like limes), or fruit-flavoured sour candy. **Do not** do this if you have a sore throat or mouth, as it could cause pain.
- **Constipation** (not being able to poop) can be a problem. Prunes, prune juice, fruits, vegetables, and whole grain breads and cereals can help.

Before you leave the hospital, ask a member of your health care team about your cholesterol level. If you need a special eating plan (like low fat or low cholesterol), ask to see a dietitian. You can also ask your primary health care provider for a referral to a dietitian in your community.

The dietitian can answer any questions you may have or help with eating problems. Bring a support person with you to the appointment.

Follow-up at the QE II

- You will have a follow-up appointment with the TAVI NP in 6 to 8 weeks. You will get your follow-up appointment date and time by phone and/or by mail.
- We will arrange for you to have an echocardiogram before your follow-up appointment. We may also arrange for follow-up appointments at 6 months after your TAVI, and then once a year with your cardiologist. We will tell you whether you need to have an echocardiogram before each of these appointments.

We hope that this pamphlet will help you with a healthy and quick recovery. If you have any questions, please write them on the next page. Bring this pamphlet with you when you come to the hospital for your TAVI.

Timeline for having a TAVI

TAVI Clinic appointment

Date: _____ Time: _____

Echocardiogram appointment

Date: _____ Time: _____

Blood work appointment

Date: _____ Time: _____

CT scan appointment

Date: _____ Time: _____

Coronary angiogram appointment

Date: _____ Time: _____

Cardiac Pre-assessment Clinic appointment

Date: _____ Time: _____

TAVI procedure

Date: _____ Time: _____

Discharge date

Date: _____ Time: _____

Follow-up appointment

Date: _____ Time: _____

