



TMVr with the MitraClip: What to Expect

Before and after your procedure at UWMC

*This handout explains what to expect when you are scheduled for a **transcatheter mitral valve repair (TMVr)** with the MitraClip at University of Washington Medical Center (UWMC).*

Procedure Date and Check-in

Please check in at the hospital on:

_____, _____ at _____ a.m./p.m.
DAY DATE TIME

Check in at the **Surgery Reception Desk**, on the 2nd floor of the Surgical Pavilion.

Important Reminders

- Follow any special medicine instructions you were given.
- Do **not** eat or drink anything after midnight the night before your procedure, unless your doctor or nurse told you otherwise.

After You Check In

- We will ask you to name one person who came with you to the hospital as our contact person. We will give this person a special phone or pager. Your surgery team will call this person and provide updates on your care.
- A nurse will help you get ready for your TMVr.
- The anesthesia team will greet you and bring you to the procedure room.
- When the surgery team is ready to begin, you will receive general anesthesia. This medicine will put you to sleep.



You will check in at the Surgery Reception Desk on the 2nd floor of the Surgery Pavilion.

- A breathing tube will then be placed in your airway. A breathing machine (*ventilator*) will do the work of breathing for you while you are asleep for the procedure.
- TMVr usually takes about 3 to 4 hours. When the procedure is done, the surgery team will call your contact person and meet with them.

After Your Procedure

- After your TMVr, you will be moved to the Cardiothoracic Intensive Care Unit (ICU) on 5-Southeast.
- Your breathing tube will be removed as soon as it is safe and you are able to breathe on your own. Most times, this occurs soon after you arrive in the ICU. If your vital signs are not yet stable, or if you have lung disease or are having a hard time maintaining your oxygen levels, the breathing tube may be removed later.
- If your breathing tube is removed the day of TMVr, you may be able to sit up on the side of your bed and eat toward the end of the day.

Visitors

- Family and friends may visit you about 1 to 2 hours after your procedure is done and you are settled in to the ICU.
- Visitors should take the Cascade elevator to the 5th floor.
- The phone number for the Cardiothoracic ICU is 206.598.6500.

Your Hospital Stay

After TMVr, most patients:

- Spend 1 night in the ICU after their procedure.
- Move to a *telemetry* (heart monitoring) unit the next day. This is usually 6-Northeast. The phone number for 6-Northeast is 206.598.6800.
- Stay in the hospital 1 to 3 days.

A CareMap with daily goals for your hospital stay is included at the end of the handout “Preparing for Your TMVr with the MitraClip.” Please ask your nurse if you do not have a copy.

When You Leave the Hospital

- You will need someone to drive you home on the day of your discharge from the hospital.
- Make plans to have someone stay with you for at least 1 week after you get home.

Activities

- Do **not** take a bath, sit in a hot tub, or go swimming until your TMVr team says it is OK. We do not want the access site to get infected.
- It is OK to shower.
- For 1 week, do **not** lift anything that weighs more than 10 pounds (a gallon of milk weighs almost 9 pounds).
- You can walk and do any activities that do not require heavy lifting, pushing, or pulling.
- Wait until your TMVr team says it is OK for you to do more vigorous activities.
- If you were driving before the procedure, you should be able to drive within 2 to 3 days after discharge, unless you are told otherwise.

Access Site Care

- The access site for the procedure is a small puncture site in your groin area. If there is a suture at the site when you leave the hospital, please call our nurse at 206.598.5348. This will need to be removed as soon as possible.
- Keep the access site clean and dry. You do not need to apply any special dressings (bandages).

Follow-up Care

- For the first 6 months after your procedure, you will need to take antibiotics before any dental work, to prevent infection of the heart.
- If you are on warfarin (Coumadin), you will have a Protime/INR test within 1 week after discharge.
- You must also have follow-up visits:
 - 2 weeks after discharge with our nurse practitioner.
 - 30 days after discharge with a cardiologist at UWMC. This visit will include an *echocardiogram* (ultrasound of the heart).
 - Once a year with a cardiologist at UWMC.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Regional Heart Center:
206.598.VALV (206.598.8258)

Your Annual Follow-up Visits

At your annual UWMC follow-up visits, you may have an echocardiogram to check your valve function. We will also give you a walk test to assess your symptoms and mobility, and ask you to fill out a questionnaire about your current symptoms.