Preparing for Your TMVr with the MitraClip

Planning ahead

This handout explains how to prepare for your transcatheter mitral valve repair (TMVr) procedure with the MitraClip. It includes a checklist to keep track of everything you need to do before your procedure day, and a CareMap to let you know what to expect during your hospital stay.

Plan for Your Return Home After Your TMVr

Planning ahead is the most important thing you and your family can do to help make your TMVr a success. Start planning for your return home as soon as you know you will be having TMVr.

You will need help with activities of daily living when you first go home. Arrange for someone to help care for you for at least 1 week after you return home. Plan ahead so you are sure you have the help you need.

It is hard to know how much help you will need or how long you will need it. Coping with mitral regurgitation may have affected your overall health. Depending on your strength, mobility, and nutrition before the TMVr, you may need 1 week to 1 month to recover after a successful procedure.

If you are not sure you will have the help you need at home, you may need home healthcare, or to go to skilled nursing or rehabilitation facility after TMVr. Ask to talk with one of our social workers about this, if needed.

Getting Ready

7 to 14 Days Before

Your pre-surgery clinic visit is usually 7 to 14 days before your TMVr. At this visit, you will:

- Meet with a nurse practitioner or physician assistant, who will review your health history and give you a physical exam.

- Meet with staff from the Pre-Anesthesia Clinic to talk about having general anesthesia (medicine to make you sleep) for your procedure.
• Review the instructions you need to follow before your TMVr, especially what medicines to keep taking or stop taking.

• Have an electrocardiogram (ECG), blood tests, and a chest X-ray.
  - If any of your test results show problems, your doctor may prescribe new medicines for you. Our clinic nurse will call you if you need any new prescriptions.

A surgical consult is required before you have TMVr with the MitraClip, since this procedure is done only for patients who have high risks with open heart surgery. If you have not yet had this consult, you may meet with a surgeon at this clinic visit.

2 to 4 Days Before

• Please call our clinic nurse if you have any new symptoms or concerns. These may include a cough, fever, chills, pain with urination, or new rashes or wounds.

• If you are taking Coumadin (warfarin):
  - You will likely have a test called Protime/INR 4 days before your procedure. This test checks the thickness or thinness of your blood.
  - Based on your test result, our clinic nurse will tell you when to stop taking warfarin. For most people this is 3 to 4 days before the procedure, but your instructions may be different.
  - If you need a special medicine to keep your blood thin while you are not taking warfarin, our team will prescribe this for you.

• If you are taking blood-thinning medicine such as Pradaxa (dabigatran), Xarelto (rivaroxaban), or Eliquis (apixaba), most people stop taking it 2 to 3 days before TMVr. Talk with your doctor to make sure about when to stop taking these medicines.

• **Do NOT stop taking any medicines unless your nurse or healthcare provider has told you to do so.**

The Evening Before

• Eat a normal meal.

• After midnight, do **not** eat any food, drink any fluids, or take anything else by mouth. This includes gum, mints, water, coffee, and tea.

• **If you have diabetes and you:**
  - Are on metformin (Glucophage), you may be told to stop taking it the evening before or morning of your TMVr.
  - Take long-acting insulin, you may be told to take only half your usual dose the evening before. Do **not** take any insulin the morning of your TMVr.
• Do NOT stop taking any medicines unless your nurse or healthcare provider has told you to do so.

The Morning of Your TMVr
• Do not eat or drink anything. This includes gum, mints, water, coffee, and tea.
• Do not take any of your medicines unless your nurse or healthcare provider told to take them the morning of your TMVr.
• Remove all makeup and nail polish before you come to the hospital.
• Leave all jewelry and other valuables at home. This includes wedding rings and watches.
• Bring a photo identification (ID) with you to the hospital.
• If you use a CPAP machine for sleep apnea or breathing problems, bring it with you to the hospital.

Your TMVr Checklist
Make sure you have done all of the items on this list before your TMVr:

☐ I have had ultrasounds to take pictures of my mitral valve. These include a transthoracic echocardiogram (TTE) and, if needed, a transesophageal echocardiogram (TEE).

☐ I have had testing to make sure I do not have any major heart artery blockages. This testing is usually a cardiac catheterization or a cardiac stress test.

☐ I have seen an interventional cardiologist who does TMVr. This doctor feels that TMVr is a good option for me.

☐ I have seen a cardiac surgeon who believes traditional open heart surgery to treat my mitral valve problem is not a good option for me.

☐ I do not have any bleeding issues, swallowing problems, or dental concerns (such as an infection or broken teeth) that could cause a problem during the procedure or with the MitraClip.

☐ I have had an appointment in the Pre-Anesthesia Clinic to talk about the risks of having general anesthesia.

☐ I have had a clinic visit with the TMVr team to talk about the risks and benefits of the MitraClip. This visit usually includes an ECG, lab tests, and a chest X-ray.
☐ I signed a consent form giving my doctors permission to do my TMVr procedure.

☐ I have received instructions on how to prepare for the procedure, including what medicines to stop or start, and where and when to check in for TMVr.

☐ I know most patients stay 1 to 3 days in the hospital after TMVr. I understand I may need a shorter or longer stay, depending on my condition.

☐ I have arranged for a responsible adult to stay with me for at least 1 week after the procedure.

☐ I know I will have follow-up clinic visits at UWMC. These are usually at 2 weeks and 4 weeks after TMVr.

☐ I know to call 206.598.VALV (206.598.8258) to reach the members of the TMVr team if I have any questions or concerns.
### Percutaneous Mitral Valve Replacement (MitraClip) Procedure CareMap

Your care plan may differ

<table>
<thead>
<tr>
<th>Day 0: Day of Procedure</th>
<th>Day 1</th>
<th>Day 2: Day of Discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move to Cardiothoracic Intensive Care Unit (CTICU) after your procedure</td>
<td>Move from CTICU to care unit when a bed is open</td>
<td>Follow-up visits scheduled</td>
</tr>
<tr>
<td>Off breathing machine (ventilator)</td>
<td>Take usual home medicines</td>
<td>Wound is clean and dry</td>
</tr>
<tr>
<td>Bed rest</td>
<td>Pain under control</td>
<td>Patient and family education on follow-up visits, knowing who and when to call after leaving the hospital</td>
</tr>
<tr>
<td>Out of bed to chair, move in room if blood pressure stable</td>
<td>Begin eating, progress diet, as able</td>
<td>Reach final goal weight</td>
</tr>
<tr>
<td>Consume ice chips, if able</td>
<td>Close to goal weight</td>
<td>Receive equipment, if needed</td>
</tr>
<tr>
<td>Family consultation with surgeon after your procedure</td>
<td>Receive anticoagulation (blood-thinning) plan for discharge</td>
<td>Able to move safely within precautions</td>
</tr>
</tbody>
</table>

- **Activity Guidelines**
  - Shower
  - Movements
  - Normal activity

- **Goal Weight**
  - Stabilize
  - Maintain

- **Discharge**
  - Final discharge