

# My Transcatheter Valve Clip Procedure

Including Before and After-Procedure Care



Date of Procedure: \_\_\_\_\_

Estimated Date of Discharge: \_\_\_\_\_

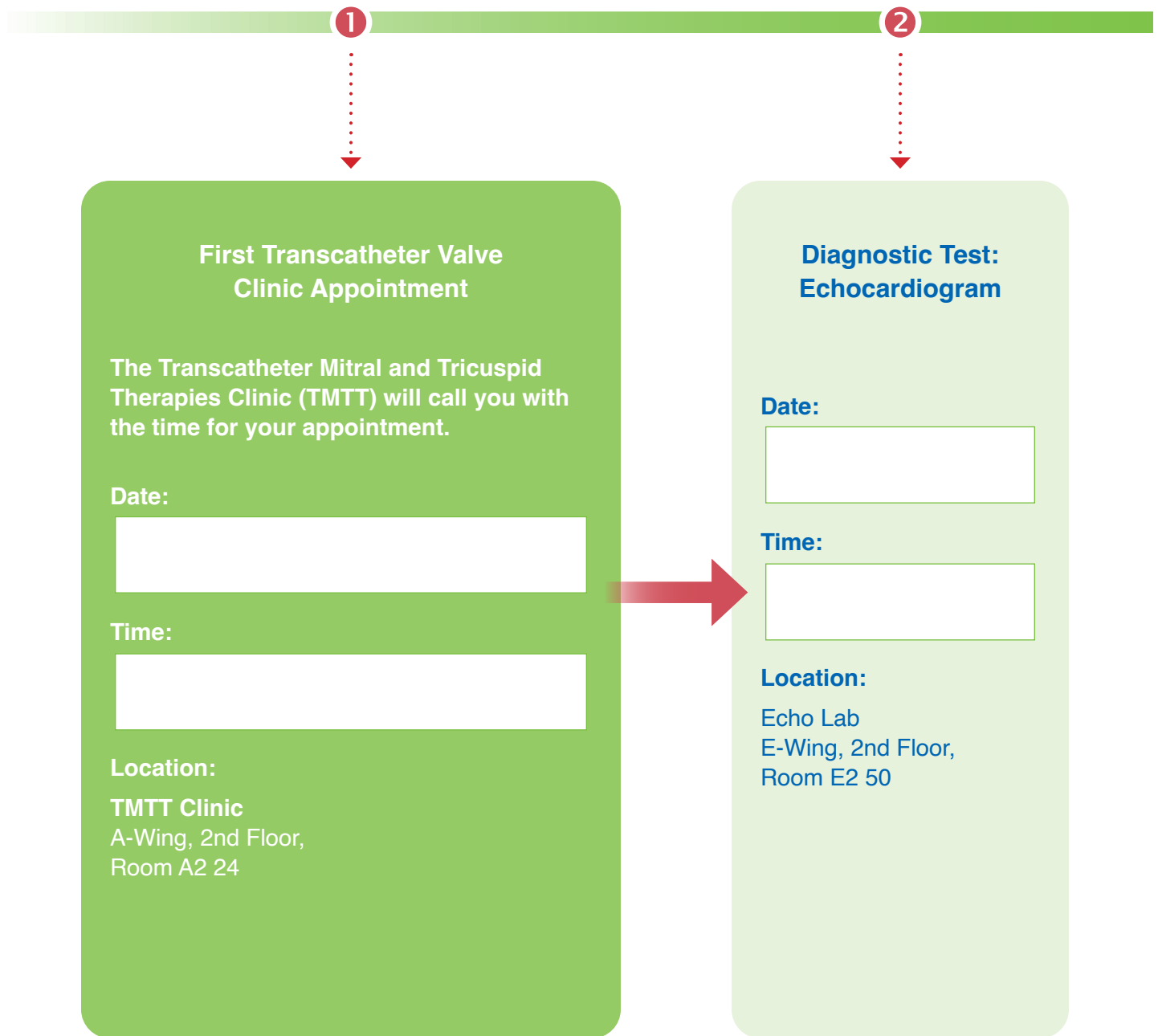
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## What is your preferred language?

Sunnybrook offers professional interpretation services to our patients. Learn more about this service at [sunnybrook.ca/interpreters](https://www.sunnybrook.ca/interpreters).

# Your Appointment Timeline





**Diagnostic Test:  
Blood Testing**

**Date:**

**Time:**

**Location:**

- Blood Clinic  
M-Wing, Ground Floor,  
Room MG 202
  
- Blood Collection Lab in  
the community

**Diagnostic Test:  
Transesophageal  
Echocardiogram (TEE)**

**Date:**

**Time:**

**Location:**

- Schulich Short  
Stay Unit  
B-Wing, 3rd Floor,  
Room B3 13
  
- Echo Lab  
E-Wing, 2nd Floor,  
Room E2 50

**Diagnostic Test:  
Coronary Angiogram  
and Right Heart  
Catheterization**

**Date:**

**Time:**

**Location:**

- Outpatient Cath Lab  
B-Wing, 3rd Floor,  
Room B3 12
  
- Schulich Short  
Stay Unit  
B-Wing, 3rd Floor,  
Room B3 13

# Timeline for Patients Having a Transcatheter Valve Clip Procedure

2 to 4 weeks before  
your procedure

The day of your  
procedure

1

2



The Transcatheter Mitral and Tricuspid Therapies (TMTT) Clinic will phone to tell you the date of your procedure.

## Transcatheter Valve Clip Procedure

Date:

Time:

Location:

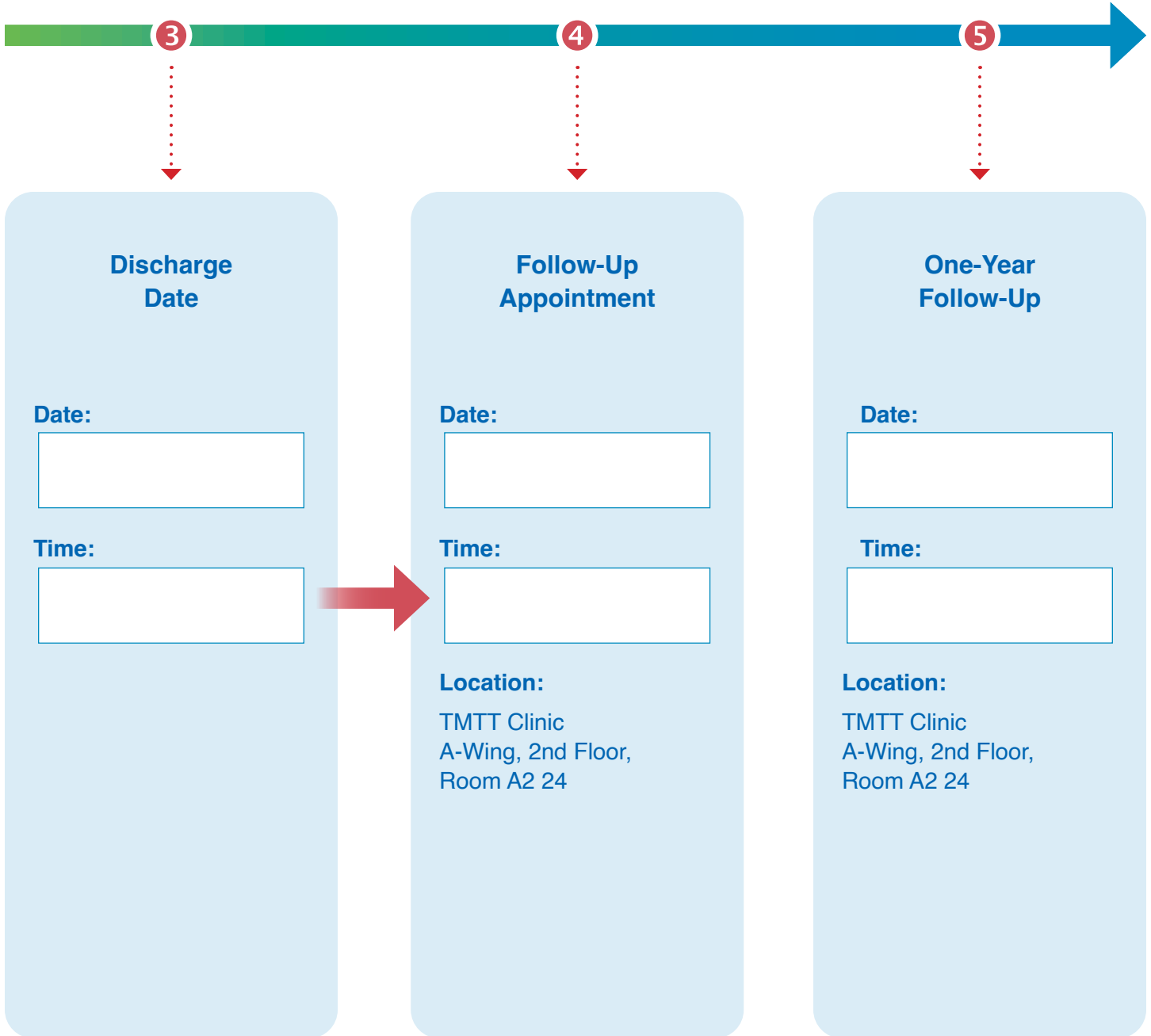
Outpatient Cath Lab  
B-Wing, 3rd Floor,  
Room B3 12



1 to 2 days after your transcatheter valve clip procedure

4 to 6 weeks after discharge

1 year after discharge



# Introduction

## How to Use this Guide

The information in this guide will help you get ready for your transcatheter valve clip procedure. It also has information about what will happen before your procedure, the day of your procedure and your care afterwards, including when you go home. Members of your healthcare team will go over this guide with you.

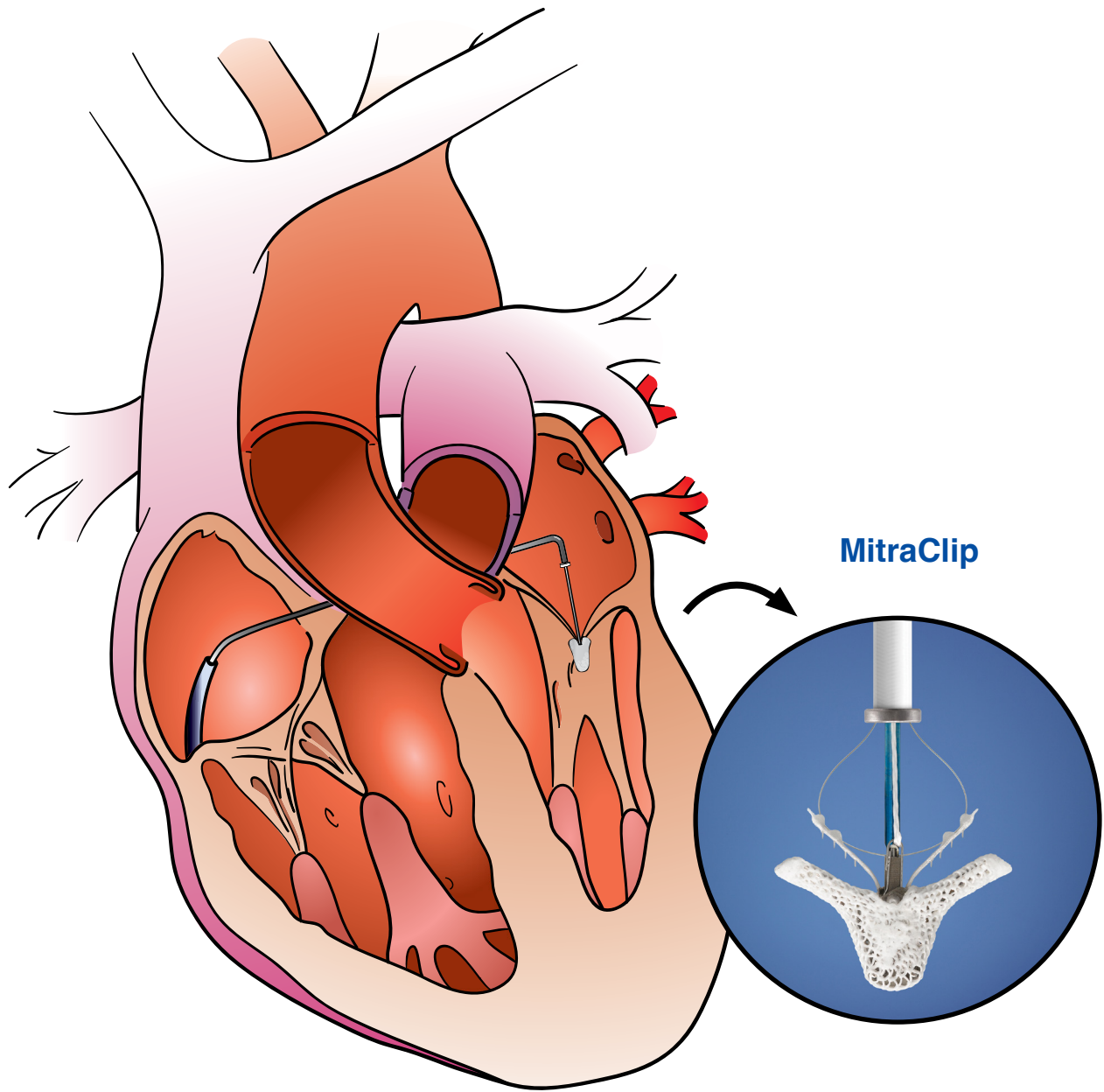
We know this may be a stressful time for you and you will get a lot of information about your medical condition. This booklet will help you keep track of what you need to do before and after your procedure. If you have any questions about the material in this booklet, please speak to a member of your care team.

Use the timeline on pages 2-5 to write the dates and times of all your appointments for your procedure. In this booklet, there are pages for you to write notes of your own.

## What is a Transcatheter Valve Clip Procedure?

Your heart has four valves: tricuspid valve, mitral valve, pulmonic valve, and aortic valve. These valves act like one-way doors that let blood flow in and out of different sections of your heart. If valves do not close properly, blood will leak backwards (called regurgitation or insufficiency). This leak makes it harder for your heart to pump blood through the body and can lead to serious symptoms, such as difficulty breathing.

A transcatheter valve clip procedure fixes the leak by using a small clip to close the area of the valve that is not closing properly. The clip is placed through a narrow hollow tube (catheter) placed in the large vein in your groin. Using special ultrasound and x-ray imaging, we locate the area of the leak and securely place a clip. In some cases, more than one clip is used to stop the leak and help relieve your symptoms.



MitraClip



# Before Your Procedure

Before your valve clip procedure, you will need a few diagnostic procedures and tests to assess your heart arteries and function.

## Coronary Angiogram

A coronary angiogram is a minimally invasive procedure where a small tube (catheter) is put into the artery in your wrist or groin. The cardiologist uses X-rays and X-ray dye to look at the blood vessels (arteries) that supply blood to your heart. The cardiologist may also measure the pressure inside the heart to see how well your heart pumps blood. You will be awake during the angiogram but will get a mild sedative and painkiller before the procedure starts and during the procedure as needed.

## Right Heart Catheterization

During your angiogram, your healthcare team will also do a test known as a right heart catheterization to measure the pressure within the right side of the heart and the blood vessels connected to it. These measurements are used to diagnose heart conditions and determine what treatment might be right for you.

## Transesophageal Echocardiogram (TEE)

A transesophageal echocardiogram (TEE) uses high-frequency soundwaves (ultrasound) to examine your heart. Instead of measuring your heart from the outside of your chest like a traditional echocardiogram, a transducer (a unit that directs the sound waves) is inserted into your esophagus (down your throat) while you are under sedation. Because the esophagus is so close to the heart, the pictures from a TEE can show very clear images of the heart and its parts.

# The Day of Procedure

## Rescheduled Procedures

Sometimes procedures are cancelled because there is someone else who needs an emergency procedure. If this happens to you, the TMTT Clinic will inform you and a new procedure date will be booked as soon as possible.



## Before the Procedure

- Do not eat or drink anything before your surgery.
- Remove all make-up, nail polish, jewelry and body piercings.
- Do not use perfume, cologne, scented cream, body lotion, deodorant or hair products. Sunnybrook is a fragrance-free hospital.
- Do not smoke any tobacco products or recreational drugs.
- Do not take any prescription, over-the-counter or herbal medications unless directed by your pharmacist or surgeon.

### What to bring to the hospital:

- This booklet
- Your Ontario Health Card
- Glasses, dentures, hearing aids and any walking aids you may need
- Sleep apnea machine (CPAP or BIPAP), if you have one
- Toiletries, such as toothbrush, toothpaste and facial tissues
- Comfortable, non-slip-footwear and any orthotics or prosthetics you use
- Your prescription and over-the-counter medications in the original containers they came in (e.g. pills, inhalers or puffers, injections, eye drops, herbal medicines and vitamins)
- A copy of your legal documents for advanced directives and power of attorney for personal care, if you have them
- A smartphone, tablet or other device to enjoy entertainment during your hospital stay (visit [sunnybrook.ca/BYOD](http://sunnybrook.ca/BYOD) for more information)



**The hospital cannot accept responsibility for lost, stolen, or damaged items.  
We advise that you do not bring large amounts of cash, jewelry or other valuables.**

## Registration

When you get to Sunnybrook, check-in at the Outpatient Cath Lab (B312) at the time provided to you by the TMTT Clinic.

After check-in, you will be taken to an assigned room. You will be asked to take off all clothing and put on a hospital gown. A nurse will check your blood pressure, heart rate, and temperature. Next, the nurse will ask you questions about your medical history and review your medications with you. The nurse will then get you ready for your procedure by inserting an intravenous (IV) in your hand or arm and clipping your hair at your groin or wrists where we will be making the incisions (cuts).

Before your procedure, the doctor may insert a small hollow tube (sheath) into your wrist for blood pressure monitoring during your procedure.

Following the procedure you will be brought to the Cardiac Intensive Care Unit (CICU). Your belongings will be sent to your new room during your procedure.

## In the Catheterization Lab (Cath Lab)

When the team is ready, the nurses will take you to the catheterization lab (cath lab) and ask you to lie down on a special X-ray table. The procedure can take up to 4 hours depending on your needs.

### What will happen during my procedure?

- You will be covered with warm blankets and connected to equipment that will help us continuously monitor your heart rate, blood pressure and oxygen.
- The team will discuss your procedure before starting. You are welcome to participate in the discussion.
- You will be put to sleep using a general anesthetic. Once you are asleep, a breathing tube will be placed down your throat to help you breathe.
- A transesophageal echo (TEE) device will be placed down your throat to take pictures of your heart that the team will use to help position and place the clip(s).
- The nurse will wash your incision sites at your groins with a cold cleaning solution and place sterile drapes over you.
- A small incision (cut) is made to your skin so the cardiologist can get access to your vein.
- The cardiologist will feed a narrow tube (catheter) into your vein and up to your heart.

- Small clips will be pushed through the catheter, and using TEE and X-ray imaging, we locate the area of the leak and securely place a clip. In some cases, more than one clip is used to stop the leak and help relieve your symptoms.
- At the end of the procedure, the catheter is taken out and the incision is closed with sutures (stitches) that do not need to be removed.
- You will be woken up and your breathing tube will be removed in the cath lab or in the Cardiac Intensive Care Unit.

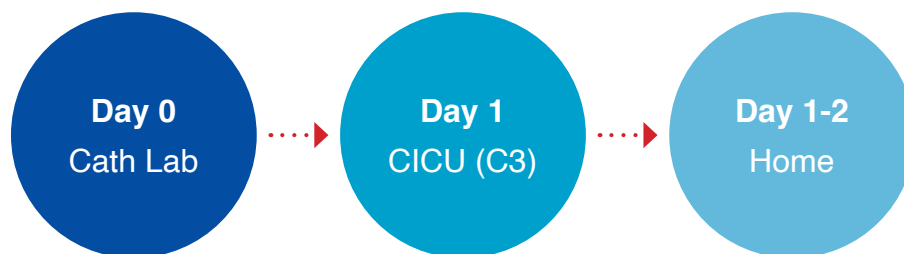
### What will happen after my procedure is done?

After your procedure is done, you will go to the Cardiac Intensive Care Unit (CICU) on the third floor of C-Wing (C3). You will be connected to a heart monitor and a nurse will check your vital signs and incision site frequently. You will have an intravenous (IV) in your arm and may have one in your neck too.

You will need to lie still for up to 4 to 6 hours after the procedure. In some cases, a clamp or sandbag will be applied to the incision site for the first couple of hours to help with healing. You may have some bruising or tenderness around the incision site. This is normal and will get better in time.

You will have a chest X-ray and another transesophageal echocardiogram (TEE) to assess your heart and check the position of the clips. You may also need a blood test.

Patients are typically discharged the next day.



#### Care Closer to Home

If you have been transferred to Sunnybrook for specialized care that you could not have received locally, you will be transferred back to the hospital closer to home when your specialized care is complete. For more information, visit [sunnybrook.ca/repatriation](https://www.sunnybrook.ca/repatriation).

# After-Procedure Care

## How will I feel after my procedure?

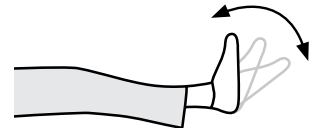
- You may feel tired from the medications you were given.
- You may have some bruising and tenderness in the area of the procedure.
- Medications may cause temporary delirium or confusion.

## Getting Moving

While you are in the hospital, you should increase your activity gradually. At the beginning, you may be on bed rest. As soon as you are able, your nurse will help you start with easy activities, such as sitting and walking short distances in your room or the hallway. Each person is different, so you need to listen to your body and go at your own pace. If you feel tired during an activity, stop and rest.

### Ankle Pumps

Pumping your ankles can help circulation. Pull your toes toward you and then push down like on a gas pedal. Repeat 10 times for every hour you are awake.



### Walking

Walking may begin on the same day or the day after your procedure when you are on the inpatient unit. You will need some help at the beginning. You may be using a walker and/or portable oxygen. By the time you leave the hospital, most people are able to walk short distances on the unit with little assistance. Walks last 3 to 4 minutes at a comfortable and safe pace, three times a day.

### Don't Fall, Call:

Please call for assistance when you need help getting up. Wear non-slip footwear and any aids such as glasses, hearing aids and a walker to help prevent you from falling.

## Nutrition

Good nutrition is important for your recovery. After your procedure, you will get food and drink when the time is right. You will be able to eat and drink as normal. You should eat heart-healthy meals that are low in fat, cholesterol and salt, and high in fibre. See page 22 for tips on heart-healthy eating.

## Emotional Changes

It is common to become sad, depressed or more emotional after any major health diagnosis. It is often related to medications, loss of sleep, and stress. Your loved ones may also have many emotions. They may feel helpless, scared and overprotective. These feelings may come and go over a period of time and usually pass. If these feelings continue for several months after your procedure please speak with your family doctor.

## Discomfort or Pain

Each patient feels pain and discomfort in a different way. After your procedure, you may feel discomfort around the incision site for a few days.

You may take Acetaminophen (Tylenol) for pain or another medication ordered by your doctor. Do not take anti-inflammatories such as naproxen or ibuprofen (Advil) as they increase your risk of bleeding when you take these with antiplatelet medications.

If the medication does not give you relief or you have angina or other chest pain, speak with a nurse or doctor.



### Infection Control:

Please clean your hands each time you enter and leave your room and unit using the hand sanitizer stations throughout the hospital. Friends and family should not visit you if they are sick.



## Medication


Changes may be made to your medications after your hospital stay. New medications may be added for long-term heart protection, and you may be prescribed some temporary medications to help with pain. Some of your previous medication such as blood pressure medications, diabetes medications, diuretics (water pills) or blood thinners may be adjusted or discontinued.

A new prescription may be given to you on the day that you are discharged – this prescription will be a complete list of all the medications you are to take when you go home. A member of your healthcare team will review your medications with you before you go home. Your family doctor or cardiologist will review these medications on your follow-up appointments and provide refills as needed.

Fill your discharge prescription on the day you go home to avoid missing any medications. You may fill your prescription at the pharmacy on the first floor of the M-Wing or at your local community pharmacy.

If you have any questions about your medications, contact your doctor, nurse practitioner or pharmacist.

### Antibiotics before dental appointments and invasive procedures



Please let your dentist, and all other healthcare providers know of your heart condition. To reduce the risk of infection to your heart (called endocarditis), you may be asked to take preventative antibiotics 30 to 60 minutes before undergoing dental care and invasive medical procedures such as colonoscopy, cystoscopy and endoscopy. Your dentist, family doctor, or specialist doing the procedure will give you a prescription.



### Grapefruit and Grapefruit Juice

Grapefruit and grapefruit juice can interfere with the way that your body handles certain medications. Speak with your pharmacist about whether or not you can have grapefruit while on your medications.

## Preparing to Go Home

Your healthcare team has evaluated your progress since your procedure and decided that you are ready to leave the hospital.

The recovery period after you leave the hospital is different for each person and can last for a few days. How long you spend recovering depends on your age, activity level before the procedure, and general health. Do everything in moderation.

### Your Discharge Checklist:

- Arrange for you to be picked up on the day you leave the hospital.
- Review the discharge paperwork with your nurse, including follow-up appointments and letters for your family doctor.
- Call your cardiologist to schedule an appointment in 4-6 weeks after discharge unless instructed otherwise.
- Review your discharge prescriptions with your doctor or nurse. Fill the prescriptions on the same day as you leave the hospital. This can be done at the pharmacy in the M-Wing or at your local pharmacy.
- Arrange to have someone stay with you for your first night at home. Remember you should not lift more than 2.3 kilograms (5 pounds) for 48 hours after your procedure.
- Bring this booklet home with you. It contains information about your home recovery program.



## Notes

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## My Progress Tracker

Your healthcare team will help you get moving throughout your stay in hospital.

Day 0 (Day of Procedure)	
<p>You will be in Coronary Intensive Care Unit (CICU). A nurse will be with you at all times. You may need to remain in bed for approximately 6-8 hours. Your nurse will help you with the activities below until you are discharged.</p>	
<p>Sit at the edge of your bed and hang your feet at your bedside.</p>	<input checked="" type="checkbox"/>
Day 1-2	
<p>Your healthcare team will help you with the activities. You should be wearing closed-toe, rubber-sole slippers to keep you safe when walking. You may be able to go home today.</p>	
<p>Sit up in your chair for all three meals.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Ankle pumps.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Walk for 3- to- 5 minutes alone or with help, as directed.</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Get dressed if going home.</p>	<input type="checkbox"/>
<p>Continue with your walking and ankle pumps until you are discharged.</p>	

# Taking Care of Your Incisions

The appearance of your incision will improve over time. During the first weeks after the procedure you may have a small lump, bruise or tenderness around the incision site. These are common and will gradually disappear.

If you experience discomfort you may take acetaminophen (Tylenol) or another medication as instructed by your doctor.



## Keep the dressing on your incision site for 24 hours.

You do not need to cover your incision with bandages after the first 24 hours following your procedure.



## After 24 hours you can take a shower.

Do not soak in a bathtub for at least 7 days after your procedure. This is to prevent your incision site from bleeding, prevent infection, and to help with healing. Gently clean the area with soap and water and pat dry with a clean towel. Do not apply any lotions or creams around your incision site until your incision is healed.

## What should I do if my incision site bleeds?

If your incision site at your groin begins to bleed, lie down on the floor and press firmly on the bleeding with two or three fingers for 15 minutes or more.

If your incision continues to bleed, call 9-1-1 or have someone drive you to the closest Emergency Department.



# Getting Back to Daily Activities

## When should I get medical help if I run into problems?

**Contact your family doctor immediately or go to the nearest emergency department if you notice any of these symptoms:**

- Extreme tenderness, redness or yellow/green drainage from any of your incision (cut)
- Fever of 39 degrees Celsius (100 degrees Fahrenheit) or higher for more than 24 hours
- Pain, numbness, tingling, swelling or coolness to the arm or leg on the side of your procedure
- Pain in your chest, neck, or shoulder that is worse when taking a deep breath
- Shortness of breath that goes on for more than a few minutes after an activity has stopped or while you are at rest
- Weight gain of 1.4 kg (3 lbs) for 2 days in a row
- Fatigue or tiredness that is much worse than you had before your procedure and doesn't improve in 2 to 3 days



**While you are exercising: If you feel any of the below symptoms, stop and rest. Wait for the symptoms to pass. If symptoms last longer than 10 minutes, go to the nearest emergency department.**

- Chest pain
- Shortness of breath
- Dizziness or light-headed
- Excessive fatigue
- Excessive sweating
- Palpitations or a racing heartbeat

**Call 911 if you notice any of these symptoms:**

- Excessive bleeding to your incision site where the procedure was done

## Your Recovery Moving Forward

During the recovery period, your body sees any activity as work. It is normal to feel more tired than usual. The goal is to do a little more each day. You may feel like you are able to do more, but it is best to follow the recommended guidelines and do everything in moderation. Remember to listen to your body.

Follow the suggestions in this guide to help make your recovery easy, safe, and comfortable.

## Cardiac Rehabilitation Program

There are outpatient cardiac rehabilitation programs across the province that are designed for people who are recovering from heart attacks, heart procedures or who are living with various heart and circulation conditions.

We suggest you participate in an outpatient cardiac rehabilitation program close to home. After your procedure, your nurse may give you an information letter and help complete a referral form for you. These programs help to improve your strength and the health of your heart. Until then, please follow the at-home exercise program.

## Your Home Exercise Program

This walking program will improve the fitness of your heart, lungs and muscles. All muscles must be built up slowly, and the heart is no exception. This walking program will slowly reintroduce your heart to exercise, starting with very short walking periods. This slow progression provides a safe way to improve your cardiovascular fitness. When you complete a level with ease, move to the next level.

<b>Level 1</b>	Goal to walk 5 minutes	5-6 times, daily
<b>Level 2</b>	Goal to walk 10 minutes	3 times, daily
<b>Level 3</b>	Goal to walk 15 minutes	2 times, daily
<b>Level 4</b>	Goal to walk 30 minutes	1 time, daily

## Instructions

- If the suggested progression is too tiring, or if you miss one day, stay on the same level for another one or two days. If you feel tired or unwell, or have not exercised for two or more days, drop a level when you begin again.
- Walk at a comfortable pace on a level surface. Do not include any stairs in your walking program.
- Exercise indoors if it is extremely cold or hot or if there is high humidity or poor air quality. Some good options are a local shopping centre, apartment hallway, or recreation centre.
- Plan your walks and let your support person know your route. Do not walk in secluded areas. Walk in areas that are emergency vehicle accessible and bring a cell phone with you.

## Activity Guidelines After Your Procedure



### Bathing or Showering

After 24 hours, you can take a shower, but do not take a bath for 7 days after your procedure. This is to prevent infection and help your incision site heal. Lukewarm water is best and use mild unscented soap. After you remove your dressing, you can leave the incision site uncovered. Avoid extreme temperatures in the bath or shower.



### Climbing Stairs

Limit climbing stairs for 48 hours after your procedure.



### Driving

Do not drive for at least 48 hours. Speak to your doctor about other possible driving restrictions.



### Lifting and Straining

For 48 hours after your procedure, do not lift items greater than 2.3 kilograms (5 pounds) per arm, or 4.6 kg (10 pounds) total, for example: laundry baskets, groceries, telephone books, luggage, pets, children or infants. Do not push or pull heavy objects such as doors, furniture or appliances, or try to open stuck windows or jar lids. Do not strain during bowel movements. If you have to sneeze or cough, push down on your incision site.



### Returning to Work

Returning to work depends on the demands of your job and on your recovery. Discuss your return to work with your cardiologist.



### Sexual Activity

It is safe to return to sexual activity after 48 hours. Upon returning to sexual activity, listen to your body, take your time, and stop and rest if you feel pain or pressure in your chest.



### Sports, Housework or Yardwork

Do not participate in strenuous activities until discussed at your follow-up appointment 4-6 weeks after your procedure. This includes sports (e.g. jogging, golfing, tennis, bowling) and strenuous house or yard work (e.g. shoveling and scrubbing).



### Travelling

Check with your cardiologist and travel insurance provider when considering travel plans. If travelling in a car for longer durations, take rests each hour and get out of the car to do a short walk.

## Notes

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# Healthy Living

By living a healthy lifestyle, you can help reduce your risk factors for heart disease and better maintain your newly repaired heart. You can find many healthy living tips on Sunnybrook's Your Health Matters blog at [health.sunnybrook.ca](http://health.sunnybrook.ca).

## Heart-Healthy Eating

Many risk factors for heart disease – such as high blood pressure, cholesterol, obesity and diabetes – are affected by your food choices and eating habits. Read the nutrition label on food products to help you make healthy choices. Choose foods that are low in fat, such as lean meats and low-fat dairy products. Fruits, vegetables and whole grain products are high in fibre and help to lower cholesterol. You should also limit your salt and sugar intake. Use the table below to help make heart-healthy eating choices.

<b>Fruits &amp; Vegetables</b> Enjoy a piece of fruit after each meal. Choose colourful vegetables, and make sure they fill up half of your plate.		
Choose	Sometimes	Avoid
<ul style="list-style-type: none"> <li>• Fresh or frozen fruits and vegetables</li> <li>• Canned fruit, drained</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Canned vegetables, drained and rinsed</li> <li>• Dried fruit (without hydrogenated oil)</li> </ul>	<ul style="list-style-type: none"> <li>• Juice</li> <li>• Pickled vegetables</li> <li>• Coconut</li> </ul>
<b>Grain Products</b> Look for products with more than 4 grams of fibre per serving.		
Choose	Sometimes	Avoid
<ul style="list-style-type: none"> <li>• Whole grain or multi-grain breads, cereals, pasta</li> <li>• Oatmeal</li> <li>• Popcorn (no butter, air popped)</li> <li>• Rice (brown, wild or red)</li> <li>• Barley, couscous, quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Low fat muffins</li> <li>• Noodles made with white or enriched flour</li> </ul>	<ul style="list-style-type: none"> <li>• Chips and salted snack foods</li> <li>• Croissants, full fat muffins, pastries, donuts, pancakes and waffles</li> </ul>

<b>Dairy &amp; Alternatives</b> Enjoy skim or 1% dairy products and cheeses with less than 16% M.F. (Milk Fat).		
Choose	Sometimes	Avoid
<ul style="list-style-type: none"> <li>• Skim or 1% milk</li> <li>• Cheese (less than 16% M.F.)</li> <li>• 0% or 1% yogurt</li> <li>• Soy beverage (plain, unsweetened)</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk and yogurt</li> <li>• Light cream cheese</li> <li>• Soy beverage (flavoured)</li> <li>• Cream sauces (made with 1% milk)</li> </ul>	<ul style="list-style-type: none"> <li>• Homogenized milk</li> <li>• Cream of any type; cream sauces made with 2% milk or greater</li> <li>• Cheese (greater than 16% M.F.), processed or spreads</li> <li>• Yogurt, greater than 2%</li> </ul>
<b>Meats &amp; Protein Alternatives</b> Choose lean meats and poultry. Enjoy fish and legumes at least twice per week. Limit nuts and nut butters to 3-4 tablespoons per day.		
Choose	Sometimes	Avoid
<ul style="list-style-type: none"> <li>• Egg whites</li> <li>• Fish (fresh, frozen, canned in water)</li> <li>• Legumes (peas, beans, lentils)</li> <li>• Lean beef, pork, veal</li> <li>• Poultry (skinless)</li> <li>• Shellfish (scallops, oysters, shrimp)</li> <li>• Tofu and soy products</li> </ul>	<ul style="list-style-type: none"> <li>• Egg yolks (limit to 3 per week)</li> <li>• Nuts (walnuts, almonds, ground flaxseed)</li> <li>• Natural peanut and nut butters</li> </ul>	<ul style="list-style-type: none"> <li>• Meat or fish that is cured or smoked, pickled, breaded, fried</li> <li>• Processed or deli meats (bacon, ham, sausages)</li> <li>• Fish packed in oil</li> <li>• Organ meats (kidneys, liver, heart)</li> <li>• Peanut butter made with hydrogenated oil</li> </ul>
<b>Fats &amp; Oils</b> Limit fats to 6-9 teaspoons per day.		
Choose	Sometimes	Avoid
	<ul style="list-style-type: none"> <li>• Margarine (non-hydrogenated)</li> <li>• Plant-based oils: olive, flax, canola</li> <li>• Salad dressings (vinagrettes)</li> <li>• Mayonnaise, low-fat</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, lard, fat, drippings from meat</li> <li>• Hard margarine (hydrogenated)</li> <li>• Fat, bacon</li> <li>• Oils: palm, palm kernel, coconut</li> <li>• Gravy</li> </ul>

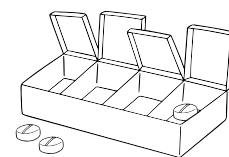


## Manage Stress

Stress is a necessary part of living. It helps us respond to emergencies, meet a deadline or achieve a goal. However, if we have too much stress, our minds and bodies cannot relax. Try to be aware of stressful situations and learn effective ways of managing them. For example, avoid rush hour traffic or allow for more time to travel. You can also try relaxation techniques such as deep breathing, massage, or meditation. For some people, counseling may be helpful.

## Take Your Medications

Take your medications regularly as prescribed. If you have concerns about managing your medications, speak with your community pharmacy about using a dosette (pill box) or pre-arranging your medications in weekly blister packs. If you experience side effects, talk to your doctor or pharmacist.



## Check Your Blood Pressure

High blood pressure puts a strain on your heart and increases the speed that plaque forms in your arteries. Check your blood pressure regularly as directed by your doctor and take medications as prescribed. Minimize your sodium (salt) intake and exercise regularly.

## No Smoking

Smoking makes your heart work harder. It increases your heart rate, narrows blood vessels, raises blood pressure, and reduces the amount of blood, oxygen and nutrients that get to your heart. Second hand smoke can cause the same effects. By not smoking you will reduce your risks of coronary artery disease over time. Ask your doctor or pharmacist for ways of helping you stop or reduce smoking. You may also visit [smokershelpline.ca](http://smokershelpline.ca).

## Limit Alcohol

Alcohol may increase triglycerides, which are a type of fat in the blood that makes the blood thicker and increases the risk for a clot. If you have high triglycerides, you should avoid having alcohol on a regular basis. Ask your family doctor if you are unsure about your triglyceride levels.

## Exercise Regularly

Physical activity can help you feel better, decrease symptoms and improve your heart's function. Be sure to talk to your doctor before starting an exercise program or increasing your activity level. The key is to be active slowly and regularly. The goal is to do 30 minutes of activity a day for five days each week. This can be split into parts, such as three ten-minute blocks of activity.

### My Commitment to Healthy Living

Identify at least one healthy living habit you will try to adopt first:

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What other goals will you work towards?

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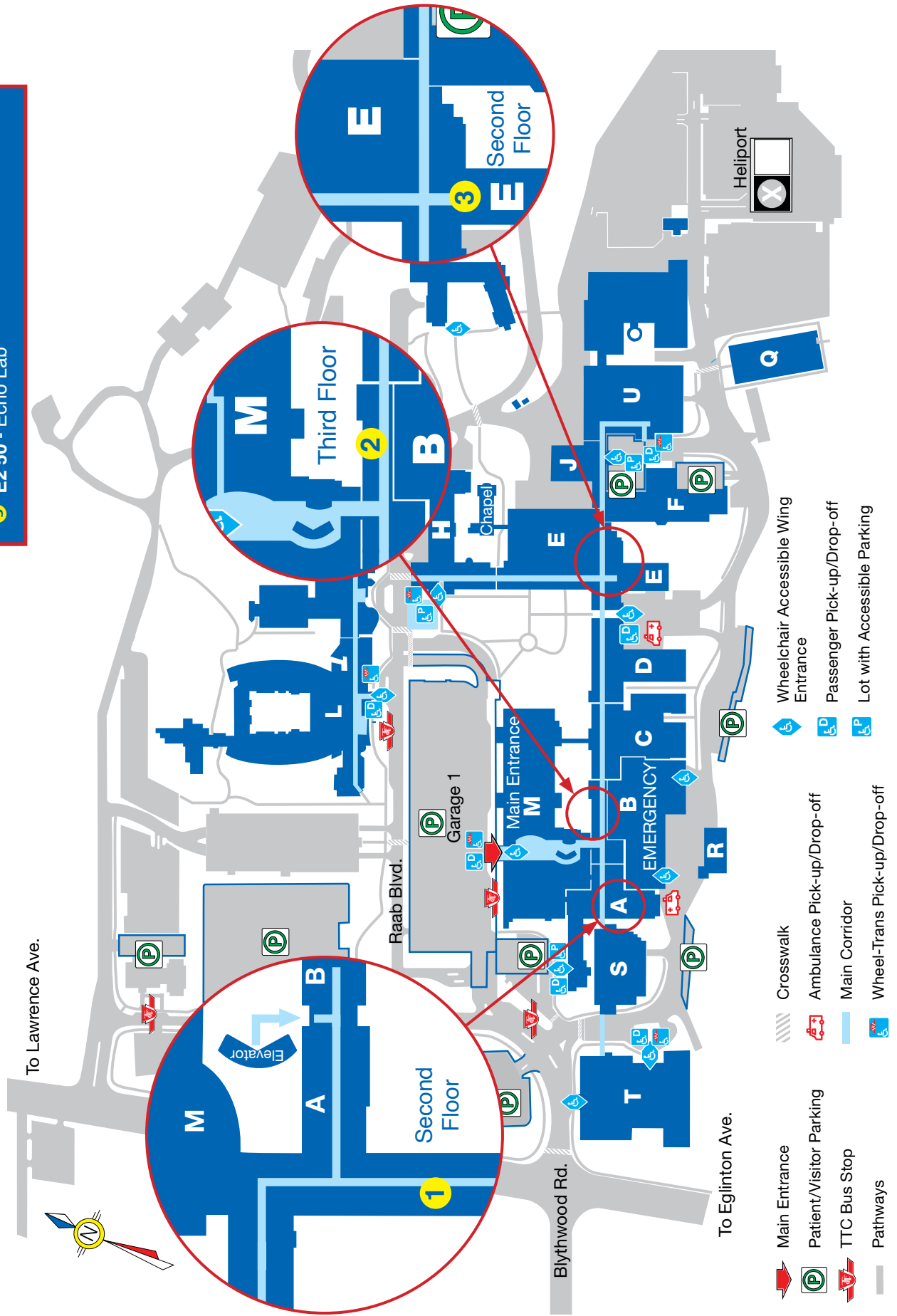
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# Sunnybrook Health Sciences Centre

The location of your appointments:

- 1** A2 24 - Transcatheter Mitral and Tricuspid Therapies (TM/T) Clinic
- 2** B3 - Outpatient Cath Lab and Short Stay Unit
- 3** E2 50 - Echo Lab



**Schulich Heart Centre**  
2075 Bayview Avenue  
Toronto, Ontario M4N 3M5

[sunnybrook.ca/heart](https://www.sunnybrook.ca/heart)



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