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- You will go back to your hospital room or cardiac care unit.
- You may feel sore where the catheter was inserted or from lying on your back.
- Most people go home the same day as the test.

What happens next?

Your health care team will talk to you about the test results. If your results show that you have severe narrowing or blockages, treatment options include:

- Angioplasty or stent. A catheter is inserted into one of your arteries to open up the artery.
- Coronary artery bypass graft (CABG) surgery. One of your healthy arteries is taken from another part of your body and used to bypass the blocked artery.

Some people may not need a procedure. Instead, you may be prescribed medications and lifestyle changes to help manage your blood pressure and lower your cholesterol to prevent further plaque build up.

Lifestyle changes that can help reduce your cholesterol include:

- Stopping smoking and avoiding secondhand smoke
- Following a heart-healthy eating plan
- Being physically active



HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

How long do I stay in the hospital?

Will I need surgery?

MY QUESTIONS:



We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease or manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.