

Transcatheter Aortic Valve Replacement (TAVR) Procedure Checklist

Expect 2 to 4 weeks to get all needed testing and work-up done.

Phase 1

- Decide if TAVR is right to treat your aortic stenosis.** This includes:
 - meet with an interventional cardiologist
 - have a CT scan
 - have an echocardiogram
 - meet with a heart surgeon (first of two meetings).
- The TAVR team will meet with a group of Allina Health heart doctors to talk about your current health and test results.

They will decide if a TAVR procedure is right for you. If it is, the doctors will talk about the best way to place your new aortic heart valve.

- The TAVR coordinator will call you after the meeting.

Phase 2

- Finish the final testing before the TAVR.** This includes:
 - meet with the heart surgeon (second of two meetings)
 - have an angiogram
 - have the dental clearance form signed by your dentist (not needed if you have full dentures)
 - walk 16 feet (5 meters)
 - fill out the KCCQ questionnaire.
 - You may need these tests:
 - carotid artery ultrasound
 - pulmonary function tests.

Phase 3

- Before surgery visit is 1 to 2 weeks before your scheduled procedure.** This includes:
 - have an electrocardiogram (known as an ECG)
 - have lab work
 - have a physical exam
 - receive education and instructions for what you need to do the evening before and the morning of your procedure.

(over)

TAVR Procedure

- You and members of your care circle will check in on the third floor of Allina Health Minneapolis Heart Institute — Minneapolis.
- Your procedure will take 3 to 4 hours from start to finish.
- After the TAVR, you will go right to the Telemetry Unit at Abbott Northwestern Hospital. Members of your care circle will be waiting for you.
- You can expect to stay in the hospital for 3 to 5 days.
- Members of the TAVR team, along with the hospital health care team, will give you an update every day on when you can expect to leave the hospital.
- You will be working with nurses, doctors, cardiac rehab, physical therapy, occupational therapy and a social worker, among others.

Planning on Leaving the Hospital

- Plan to have members of your care circle available to help you at home for the first few days.
- You will have restrictions for the first week after your procedure.

Follow-up Appointments

- Please keep all follow-up appointments, even if you are feeling well. They are important to make sure you are recovering well. In general, you will see your:
 - primary care provider (regular doctor) 5 to 7 days after leaving the hospital
 - TAVR doctor about 1 month after your procedure.
- Your cardiologist (regular heart doctor) will see you about 2 to 4 months after your TAVR. They will take over your care at that point.
- Follow up with your cardiologist every year after your procedure.