

# MitraClip Procedure Checklist

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

## Phase 1

- Decide if a MitraClip is right to treat your mitral regurgitation.** This includes:
  - meet with an interventional cardiologist
  - meet with a heart surgeon
  - have a transesophageal echocardiogram (TEE).
- Your valve team will meet with a group of Allina Health heart doctors to talk about your current health and test results.
- The valve team will decide if a MitraClip procedure is right for you. If it is, the doctors will talk about the best way to place the MitraClip.
- The valve coordinator will call you after the meeting.

## Phase 2

- Finish the final testing before the MitraClip procedure.** This includes:
  - have the dental clearance form signed by your dentist (not needed if you have full dentures)
  - have a 6-minute walk
  - fill out the KCCQ questionnaire.
  - You may need these tests:
    - carotid artery ultrasound
    - pulmonary function tests
    - heart angiogram.

## 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)**

## MitraClip Procedure

- Your procedure will take 3 to 4 hours from start to finish.
- After the procedure, you will go right to recovery. Members of your care circle (family members, friends or others close to you) will be waiting for you.
- You can expect to stay in the hospital for 3 to 5 days.
- Members of the valve 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
  - MitraClip doctor about 1 month after your procedure.
- Your cardiologist (regular heart doctor) will see you about 2 to 4 months after your MitraClip procedure. They will take over your care at that point.
- Follow up with your cardiologist every year after your procedure.