

Patient Procedure Instructions

Cardiac Catheterization / Peripheral Angiogram / Endovascular Stent Grafting

You are scheduled to have an angiographic procedure at:

Miriam Hospital / Landmark Medical Center / Roger Williams Medical Center.

Your procedure is scheduled for _____

You are scheduled for Pre-admission testing on _____ / *Not-applicable*

Please call the Cath Lab office between 12:00 p.m. and 3:00 p.m. the day prior to your procedure for your arrival time (if your procedure is on a Monday then please call on the Friday before).

Miriam Hospital Cath Lab office 793-4005

Landmark Medical Center Cath Lab office 769-4100 ext. 2593

Roger Williams Hospital Cath Lab office 456-5390

Pre-procedure instructions:

1. You will be instructed to have pre-procedure blood work and an EKG performed. You do not have to be fasting for this blood work.
2. Let your cardiologist know if you develop a fever, cough, cold or flu the days prior to your procedure.
3. If you take any of the following blood thinners;
Coumadin/warfarin or Pradaxa/dabigatran or Xarelto/rivaroxaban or Eliquis/apixaban the last dose prior to your procedure should be on: _____
4. If you have had an allergic reaction to IV contrast or X-ray dye in the past then you will be instructed to take prednisone 40mg as well as zantac 150mg on:
1st dose _____ 2nd dose _____ 3rd dose _____

On the night before the procedure:

1. You may eat normally the day before the procedure. Do not smoke or drink alcohol the day prior to your procedure.
2. Do not eat after midnight. You may drink plain water after midnight.
3. If you take insulin at night, only take ½ of your usual dosage
4. If you take *metformin or Glucophage* for diabetes then do not take your afternoon or evening dose the day prior to the procedure.

On the day of the procedure:

1. Drink a glass of plain water with your normal morning pills before traveling to the hospital. Please do not drink any other liquids or food (if your procedure is not scheduled until after 12:00 you may drink water and have a plain English muffin or toast in the morning but nothing to eat for lunch).
2. If you are diabetic, do not take any diabetic medications or insulin on the morning of the procedure.
3. If you take a water pill or diuretic (*Lasix, furosemide, Bumex, bumetadine, torsemide*) please do not take it the morning of your procedure.
4. You should take all your other cardiac medications, including aspirin, on the morning of the procedure with a glass of water.

5. Please leave your jewelry and valuables at home. You may bring glasses, hearing aids or any special items you need like a walker or CPAP machine.
6. **Please bring an updated list of your medications, with dosages, to your procedure.**
7. Please make the cath lab staff aware of any medication allergies that you may have or if you have had allergic reactions to X-ray dye or IV contrast before.
8. Your family can accompany you to the cath lab where an intravenous line will be started and you will change into a hospital gown.
9. Although you will be awake for the procedure, sedation will be given to alleviate discomfort and anxiety.

Post procedure activity expectations:

1. Your recovery time at the hospital will be approximately 6 hours (some interventional procedures may lead to an overnight stay at the hospital).
2. It is important that you have someone to drive you home from the procedure and stay with you overnight.
3. When you return home you should be confined to a comfortable chair, recliner or a bed for the remainder of the day. Activities should be limited to bathroom only for the rest of the day. You may safely ambulate up a flight of stairs if needed.
4. No driving for 2 days.
5. No lifting more than 10 pounds (roughly the equivalent of a gallon of milk) for 5 days
6. No strenuous activity or work for 5 days. Day to day activities such as stair climbing and light walks are alright to perform. Please tell the cath lab staff if you will require a letter to be out of work after the procedure.

Post procedure puncture site expectations:

1. A small amount of staining or oozing at the puncture site in the groin or wrist may be seen; this is not cause for alarm. The gauze dressing should be kept over the site until the morning after the procedure. Should you experience significant or persistent bleeding at the puncture site apply firm direct pressure over the gauze and call 911. This is an urgent situation and requires immediate medical attention.
2. Should you experience swelling or firmness at the puncture site or develop new cramps or pain in your legs, feet or toes or abdominal pain or chest pain please contact your cardiologist ;*Dr. Regnante/Dr. Mazza (464-9751), Dr. Kelley/Dr. Siddiq/ (762-3838)*. If your cardiologist is unavailable please return to the hospital emergency room for further evaluation.
3. You may shower the next day and remove the gauze dressing from the groin area or wrist area. It is all right to get the area wet with soap and water but do not "scrub" at the site. If any part of the dressing adheres to the skin, wet the dressing in the shower and gently remove. Pat the area dry with a clean towel after the shower. There is no need to re-dress the site unless specified by your cardiologist. *Avoid all pools, hot tubs and tub baths for 5 days.*
4. A minimal amount of discomfort or bruising at the puncture site is not uncommon. Over the counter Tylenol (650mg tablets) can be taken every 6 hours as needed for discomfort, for the first 2 days only. If discomfort persists for greater than 2 days then please contact your cardiologist.
5. Resume all medications as instructed after the procedure. If you are diabetic and you take metformin or Glucophage then do not take that medication until 24 hours after your procedure.
6. Please call for a follow up visit within a week.