

CARDIAC CATHETERIZATION

Patient Instructions Prior to the Procedure

- ☐ Marian Regional Medical Center (1400 Church St., Santa Maria, CA; Tel. 805-739-3000)
- ☐ Sierra Vista Regional Medical Center (1010 Murray St., San Luis Obispo, CA; Tel. 805-546-7600)

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Please arrive at the Outpatient Registration Desk on _____ before _____

1. You have been scheduled for a Cardiac Catheterization procedure, an xray imaging exam to assess blood flow through the heart, including its chambers, its arteries, and/or its valves. A tiny catheter tubing is passed through the arteries of either the wrist or the groin, and into the heart to measure pressures. Contrast dye is injected and xray pictures of the heart and its arteries are taken.
2. The diagnostic procedure typically takes 20-30 minutes, but at least 2 hours is required for preparation. If an intervention (such as angioplasty or stenting) is required, an additional 1 to 2 hours of procedure time is expected. If no intervention is performed, the observation period is typically 2 to 6 hours after the procedure. If angioplasty or stenting is performed, overnight hospital stay is expected.
3. **Nothing by mouth for at least 8 hours before the procedure.** You may continue to drink water or juice. On the day of the procedure, take any prescribed medications with sips of water.
4. If you are on aspirin, Plavix (clopidogrel), Effient (prasugrel) or Brilinta (ticagrelor), please take it as usual up to and including the day of your procedure unless otherwise instructed by your doctor.
5. If you are on **Coumadin (warfarin), Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixan), Savaysa (edoxaban) or other blood thinners** (including heparin, Lovenox, or enoxaparin), please let your doctor know, and make sure you understand the plan regarding these blood thinners. In general, these blood thinners are temporarily stopped at least 3 days prior to the procedure.
6. If you have diabetes, please make sure you understand the plan for stopping or cutting back on insulin or other glucose-lowering medications. In general, the dose of long acting insulin (such as Lantus) is cut in half during the 8-hour fast, and short-acting insulin is temporarily withheld unless blood sugar level is markedly elevated. If you are on metformin (Glucophage, Glucovance, Avandamet, Janumet, Metaglip, Actoplus Met, or Kombiglyze), you will need to stop this medication the day before the procedure.
7. Tell your physician if you have any **allergy to medications, sedative, contrast dye or iodine**. Special steps may need to be taken to avoid an allergic reaction to contrast dye. Make sure your physician and the staff are aware of every medication you are currently taking, both prescription and over-the-counter.
8. Before your procedure, tell your physician if you have active or previous bleeding issues. Let your physician know if you have any planned elective surgeries scheduled for the next 6 months.
9. Please report any changes in your health status, such as signs of a fever, cold, and infection that developed before your procedure date.
10. A small plastic sheath will be inserted through the artery of the groin or wrist. The skin will be numbed using a local anesthetic prior to insertion to minimize pain. A sedative medicine will be administered through an intravenous line to relax you during the procedure. The medicine may cause you to fall asleep. As the medicine is short-acting, you should expect to be awake after the procedure.
11. Please arrange for a responsible adult to drive you to and from the office on the day of the procedure since you will be receiving sedative medications which cause drowsiness. **You will not be allowed to leave on your own.** If you return home by taxi, you must have a responsible adult accompany you in addition to the taxi driver.
12. **DO NOT** drive, operate potentially dangerous machinery, or make critical decisions within 24 hours of receiving procedural sedatives.
13. If you have any question prior to or after the procedure, please call the office at (805) 540-2081.

