

Heart Catheterization (Coronary Angiography) Patient Instructions

Date of procedure: _____

Arrive at William Newton Hospital Front Entrance at _____

Dr _____ will be performing your procedure

Pre-Op Instructions:

1. No food or drink after midnight.
2. No gum, hard candy or tobacco (including chew) the day of procedure.
3. Please shower the night before of the morning of your procedure. Scrub right & left groin with antibacterial soap.
4. You may go home the same day if there is no blockage. If you need an angioplasty/stent, you will most likely spend the night at the hospital at the discretion of the cardiologist. Please plan accordingly by packing an overnight bag & bring someone to drive you home – this person will need to stay at the hospital for the duration of your procedure. If you are able to go home, make sure to have someone who can spend the night with you.
5. Please wear comfortable clothes.
6. Please bring your insurance cards & medications in their original bottles.
7. If you are diabetic:
 - a. You will need to hold your Metformin the day of your procedure & 48 hours after the procedure due to contrast given. Hold all other diabetic medication the morning of the procedure.
 - b. Hold morning insulin if given the okay by your primary care physician.
 - c. If okay by primary care physician, only take 1/2 dose of long acting insulin the night before your procedure.
8. If you are on Anticoagulation:
 - a. Coumadin/Warfarin and Pradaxa/Dabigatran- hold 5 days prior to your procedure.
 - i. Take last dose on _____
 - b. Eliquis/Apixaban, Xarelto/Rivaroxaban- hold for 48 hours prior to your procedure.

- i. Take last dose on _____
9. If you are on water pills, please hold the morning of the procedure.
 - a. Examples: Lasix, Torsemide, Spironolactone, Hydrochlorothiazide, Metolazone, Bumex.
10. Take ALL cardiac medication with the exceptions outline above on the morning of your procedure with a small sip of water. This includes taking your Plavix, if applicable.
11. Please take 4 baby aspirin (81 mg strength) or 1 full strength aspirin (325mg) aspirin on the morning of your procedure.
 - a. If you are on Brilinta: only take 1 baby aspirin, 81mg. Continue taking the Brilinta.
12. Lab work:
 - a. You will need pre-procedure lab work completed within 30 days of your procedure.

What is the purpose of this procedure?

A Heart Cath is a procedure used to diagnose and treat cardiovascular conditions. During cardiac catheterization, a long thin tube called a catheter is inserted into an artery or vein in your groin or wrist and threaded through your blood vessels to your heart.

After the procedure:

- You will be monitored until fully awake.
- Since you will have sedation, no driving until 24 hours post procedure.
- No lifting over 10 lbs. for 3 days. No pushing or pulling for 3 days if groin access, 1 days if wrist access.
- The dressing may be removed with your next shower. Monitor insertion site for bleeding, infection (redness, pus, firm lump, etc.)
- No soaking of any type for 5 days. (Hot tub, bath, pool, etc.)
- If you have been started on Aspirin, Plavix or Brilinta during your hospitalization after your Heart Cath, DO NOT STOP TAKING for 1 year, unless specifically instructed to do so by your cardiologist.
- You will need to follow up with the physician who performed your procedure in 1-2 weeks. If you do not have a follow up appointment upon discharge, please call 620-222-6264 ext. 1491 to make an appointment.