

What You Should Know Before Your Cardiovascular Procedure

What to Talk About With Your Doctor Before Your Procedure

Before your procedure, please talk with your doctor about the following:

- If you take Warfarin (Coumadin®), you may be asked to stop taking it 3 days before your procedure. You should take your last dose as directed by your doctor. **See special information sheet.**
- If you take Pradaxa (Dabigatran), you may be asked to stop taking it 1 -2 days before your procedure. **See special instruction sheet.**
- If you have diabetes, do not take your oral medicine or short acting insulin the morning of your procedure unless you are given other instructions by your doctor. **See special instruction sheet.**
- Tell your doctor if you have an allergy to contrast dye. **See special information sheet.**
- Tell your doctor if you have a history of kidney problems that may need special attention.
- Should you have questions prior to your procedure, do not hesitate to call 612-775-3295 Monday through Friday from 7:00 AM – 6:00 PM.

Day Before and Day of the Procedure

- It is important that you are well hydrated before your procedure. Drink 4-6 glasses of water between the evening prior to your procedure and 1 hour before your scheduled arrival time. You are well hydrated if your urine becomes clear.
- Do not eat any solid foods after midnight the day of your procedure.
- You may drink only clear liquids (water, fruit juices without pulp, carbonated beverages, clear tea, black coffee) for up to 1 hour before you are scheduled to arrive for you procedure. Do not drink alcohol.
- Do not take diuretics/water pills (such as Lasix, Furosemide, HCTZ, Dyazide, etc.) the day before or the day of your procedure, unless you are instructed to by your doctor. If you have moderate to severe congestive heart failure and require diuretic/water pills to prevent rapid fluid retention then you should continue to take them.
- Do not take non-aspirin NSAID's (such as Aleve, Advil, Motrin, Naprosyn, ibuprofen, naproxen, etc.) the day before or the day of your procedure, unless you are instructed otherwise by your doctor.
- You should take your normal medicines in the morning with sips of water, unless your doctor tells you otherwise (see above for diuretics, NSAID's, Coumadin®, and diabetes medications).
- Take a full strength (325 mg) Aspirin or four baby (81 mg) Aspirin the morning of your procedure and inform your nurse of this when you arrive (unless you have been specifically instructed not to take aspirin prior to your procedure or have a history of severe allergy to aspirin).
- If you have diabetes and use a glucometer, check your blood sugar before leaving home and give your results to a staff member at the Cardiovascular Laboratory Prep/Recovery Unit when you arrive.
- Do not wear fingernail polish. It can interfere with the equipment to measure the oxygen in your blood.
- Plan to spend about 10 to 14 hours at the hospital. You may need to stay overnight. Please bring an overnight bag with you and leave it in the car.

- Please arrange to have someone drive you home and be immediately available to you for 12 hours post procedure. **You will receive sedation, which could impair your judgment. You will not be able to drive for 24 to 48 hours.**
- Please leave your valuables (including jewelry and money) at home. The hospital is not responsible for lost valuables.
- If you wear dentures, glasses or a hearing aid, you may wear them during the procedure.
- **Bring all of your medications in their original bottles with you or if you have a complete up-to-date list of medications you may bring this instead. This is very important. Your medications will be given to your family for safe keeping during your hospital stay.**

Before the Procedure at the Hospital

- Please note that your procedure time is not exact. This is because of emergency procedures and the unpredictable length of scheduled procedures (see the letter in this packet).
- During the preparation phase, your family and friends will be asked to stay in the family waiting room. After the first prep phase, they may stay with you until the procedure starts.
- A member of the research studies staff may ask you for permission to enter a research study. This person will give you details about the study.

After the Procedure at the Hospital

- The cardiologist who performs your procedure may not be the cardiologist who will care for you during your stay.
- The cardiologist who performed the procedure will give you and your family the results of the procedure. Later in the day, the cardiologist who cares for you will talk about the results and treatment plan.
- If you need overnight accommodations either before or after your procedure, see the “Accommodations for Patients and Families” information sheet in this packet.

Leaving the Hospital (Discharge)

- The cardiologist will determine the recovery time after your procedure. **When you leave the hospital, you will need to have someone drive you home and possibly stay with you overnight.**
- When you leave the hospital, you will receive instructions about your diet, medicines, activity level, incision care, return to work, and follow-up appointments.
- The sedation you received before your procedure may make you sleepy or dizzy. Because of this, you should not do the following for 24 hours after the procedure:
 - *Do not operate a motor vehicle or machines (24 to 48 hours)*
 - *Do not drink alcoholic beverages*
 - *Do not make any critical decisions or sign important documents until you have fully recovered.*
- Drink 6-8 glasses of water in the 24 hours after your procedure to help wash the dye used during the procedure out of your body.
- **If you stay overnight in the hospital after your procedure, please plan for a discharge time of 10:00 AM on the day you are released.**
- If you have any questions or concerns, please call Abbott Northwestern Cardiovascular Laboratory Prep/Recovery Unit at 612-775-3295.