



How to Prepare for Your Heart Catheterization Procedure

Left heart catheterization and angiogram, or left and right heart catheterization and angiogram

This handout explains how to prepare for a heart catheterization procedure at UW Medical Center Northwest Campus. It also gives instructions to follow at home after your procedure.

For any scheduling or insurance authorization concerns, please contact our Patient Care Coordinator (PCC) directly.

PCC: _____

Phone: _____

Subspecialty: _____

Your Appointment

Please check in at A-Wing 1 Floor Heart Institute on the main floor of the hospital at this date and time:

Day: _____

Date: _____

Time: _____



This arrival time allows us to fully prepare you for your procedure.

We will do our best to start your procedure on time. But please be patient if emergencies in the hospital cause a delay.

Phone Call before Your Procedure

A Cardiac Procedures nurse will call you 3 to 7 days before your procedure. The nurse will ask questions about your medicine list and allergies and answer any questions you may have. There may be some medicines you need to stop taking on the day of your procedure.

Please tell this nurse if you have any concerns about who will drive you home after your procedure. **You cannot drive yourself home or take a bus, taxi, or shuttle by yourself.**

- If you do not receive this call by 3 days before your procedure, call the nurse coordinator at **206.598.8435 or 206.597.3609**. Hours of operation 8:00a-5:00p. All calls made after 5:00p will be returned next business day.

- If you need to reschedule or cancel your procedure, call **206.598.8200** right away.

Getting Ready

- **Pack an overnight bag.** We want your stay in the hospital to be as comfortable as possible. Most patients leave the hospital the same day as their procedure. But, we advise you to pack a small bag in case you need to stay overnight.
- **Arrange for someone to drive you home.** If you leave the hospital the same day as your procedure, you **must** have a responsible adult take you home. This person must be with you in the Cardiac Procedures Unit before you are allowed to leave the area.
- **Make plans.** If you are from out of town, you may want to make a hotel or motel reservation, or make other plans to stay overnight in the Seattle area. Plan to be in the hospital for most of the day.
- **Medicines.** If you are taking:
 - **Coumadin (warfarin):** You will need instructions about when or if you should stop taking this medicine before your procedure. Please talk with the provider who referred you for this procedure.
 - **Other blood-thinning (anticoagulation) medicines:** The Cardiac Procedures nurse will review these with you and let you know if it is OK to take them.
 - **Diabetes medicines:** These medicines may need to be adjusted for your procedure. Talk with your Cardiac Procedures nurse if you have any questions.

What to Bring to the Hospital

On the day of your procedure, please bring:

- **A list of all medicines you now take.** Include the dose and how often you take each one. Include all non-prescription products such as multivitamins, other vitamins, and herbal supplements.
- **Any other medicines, including vitamins and supplements, you have taken in the last 2 days.** Write down the dose and how often you take each one.
- **The name and phone number of your contact person and the person who will take you home.** This may be the same person. This person must be with you when you receive instructions, before you leave the hospital.
- **Your CPAP machine** for sleep apnea or breathing problems, if you use one.

- **Images from an earlier catheterization**, if you had one and were given copies.

At Home the Day of Your Procedure

Fasting

- **Do not eat or drink anything for at least 6 hours before your check-in time.** On the morning of your procedure:
 - If you finish eating at least 6 hours before your check-in time, you may have a **light meal or snack**, such as tea and toast.
 - Do **not** eat high-fat foods such as bacon, sausage, or eggs for **at least 8 hours** before your check-in time.
- Most patients tell us that having something to eat and drink in the morning helps the day go more smoothly, lowers stress, and improves their overall mood. If you wake up **more than 6 hours before** your procedure, try eating a light snack. If you want to eat a small meal, set your alarm for **more than 8 hours before** your procedure.
- For **24 hours before** your procedure, do **not** eat or drink anything that contains caffeine. This includes coffee, tea, energy drinks, and some supplements.

Medicines

When you talk with the Cardiac Procedures nurse about your current medicines, the nurse will tell you if there are any that you should not take before this test. Most medicines do not have to be stopped before this procedure.

- If you do not need to make any changes to your medicines, take your usual morning medicines with small sips of water.
- **Important: If your doctor has prescribed aspirin for your heart health, take it as usual the morning of your procedure.**

Procedure Day

Checking In

To check in, go to 1st floor for the A-Wing Building:

- Use the **main hospital entrance** to enter the hospital. When you enter, you will be in the lobby on the 1st floor of the hospital. You will walk pass the gift shop and Starbucks in the lobby.
- Check-In will be at the end of the Starbucks on your left. There will be a receptionist at the check-in desk to help you.

Preparing for the Procedure

While you are in our Pre-Procedure area:

- You will change into a hospital gown.
- We will take your blood pressure and temperature.
- A nurse will ask questions about your health history. We want to know about any allergies you have and to review your current medicines.
- If your doctor has ordered it, we will do an *electrocardiogram* (ECG or EKG). This painless test measures your heart's electrical activity. It helps show whether parts of your heart are too large or working too hard.
- We will place an *intravenous* (IV) line into a vein in your arm, and we will draw some blood.
- You will meet with the doctor who will do your procedure. Your doctor will explain the procedure to you and talk with you about risks and side effects. The procedure has some risks, and some patients have had side effects from the medicines that are used. Please be sure to ask any questions you have about the procedure.
- We will ask you to sign a consent form that gives us permission to do your procedure. You may decide not to sign the form. The procedure will not be done if you do not give your consent by signing the form.
- While you are in the Pre-Procedure area, 1 or 2 family members may wait with you. During your procedure, your family may wait in a nearby waiting room.

After Your Procedure

After your procedure, you will rest in bed for 2 to 6 hours. Your family and friends can visit during this time. But, since the recovery room is small, only 1 to 2 guests may be in the room at a time.

During recovery:

- **You must lie flat.** Your nurse will help you be comfortable.
- Talk with your nurse if you have any discomfort from lying flat. You may be given pain medicines.
- You will be able to eat as usual.
- We will check your pulse, blood pressure, and dressing often during the first 3 to 4 hours after your procedure.

If You Have a Stent Placed

If you have a stent placed, **you may need to stay overnight in the hospital.**

Leaving the Hospital

Before you are discharged from the hospital:

- A doctor or nurse practitioner will check your insertion site. They will also talk with you about the results of your procedure.
- If needed, your medicines or diet will be adjusted. Your nurse will teach you about these changes and will talk with you about your follow-up care.
- Ask questions if you do not understand something your nurse or

If You Have ANY Sedation

Sedation can make you sleepy, and make it hard for you to think clearly. Because of this:

- **A responsible adult must take you home after your procedure.** You may not take a bus, shuttle, taxi, or any other transportation by yourself.
- **For 24 hours after your procedure:**
 - Do **NOT** drive.
 - Make sure you have a responsible adult who can help you during this time.
 - Do **NOT** be responsible for the care of anyone else, such as

children, pets, or an adult who needs care.

- Do **NOT** drink alcohol or take drugs other than the ones your doctors prescribed or suggested.
- Do **NOT** make important decisions or sign legal papers.

When You Get Home

Some activity restrictions depend on whether the catheter was inserted in your groin or in your arm:

If the catheter was inserted in your groin:

- Starting **24 hours** after you are discharged, you may:
 - Return to light activity
 - Drive
 - Shower
 - Do **not** do anything that puts stress on your puncture site. This includes housework, gardening, and many self-care tasks. Ask for help with any tasks that need to be done during this time.
 - You may go up and down stairs, but limit how much you do this.
- For **7 days** after your procedure:
 - Do **NOT** lift anything that weighs more than 10 pounds (4.54 kilograms). This includes pets, groceries, children, trash, and laundry. (A gallon of milk weighs almost 9 pounds.)
 - Do **NOT** hold your breath, strain, or bear down while sitting on the toilet.
 - Do **NOT** allow the puncture site to be covered by water. This means do not take a bath, sit in a hot tub, or go swimming. You may take a shower starting 24 hours after your procedure.

If the catheter was inserted in your arm:

- For **48 hours** after your procedure:
 - **AVOID** lifting, pushing, or pulling with the affected arm
 - **AVOID** bending, turning, or twisting your wrist on the affected arm
 - Do **NOT** have your blood pressure taken on the affected arm
- For **5 days** after your procedure:
 - **AVOID** vigorous exercise that uses the affected arm.
 - Do **NOT** lift more than 5 pounds with the affected arm. (A gallon of milk weighs almost 9 pounds.)
- You may shower the day after your procedure, but do **not** take a bath, sit in a hot tub, or go swimming **for 5 days**. It is normal to have a small bruise or lump at the insertion site.

Diet

You may resume eating your regular foods, unless your doctor or nurse advised you to change your diet. If you have questions about any changes, ask your primary care provider (PCP) for a referral to a dietitian. The dietitian can help you plan meals and snacks for your new dietary plan.

Pain Control

- You will most likely be sore for 1 to 2 days at the puncture site where the catheter was inserted.
- You may take acetaminophen (Tylenol) for pain relief. Follow the dosing instructions on the label.
- For 5 days after your procedure, do **not** take anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause bleeding.
- If your doctor prescribed aspirin for your heart, you may take it as usual. But do **not** take extra aspirin for pain control.

Site Care

- Keep the area clean and dry.
- You may remove the dressing or bandage 24 hours after your procedure.
- After you remove the dressing, gently clean the site with mild soap and water. Do **not** scrub or rub the area. Gently pat dry with a clean towel.
- For the next 3 days, watch for signs of infection. Call the cardiologist who did your procedure if you have:

- Redness around the site
- Fever higher than 101.5°F (38.6°C)
- Drainage at the site
- You may have a bruise where the catheter was inserted. If the procedure was through your groin, the bruise may spread down your leg. It may take 2 to 3 weeks for the bruise to go away.

When to Call for Help

If you have sudden, heavy bleeding or a lot of swelling that you cannot control, apply firm pressure to the site and call 911.

Call **206.668.1085** and ask to page the **UWMC Northwest Hospital Cardiology Interventional** cardiologist on call if you have:

Bleeding

- If you have light or moderate bleeding or swelling at the site:
 - Use clean fingers to apply pressure on it for 10 minutes.
 - If bleeding does not stop or swelling does not go down in 10 minutes, **call 911 right away**. Keep applying pressure until help arrives.
- **If your catheter was placed in your arm:** If the bleeding stops or the swelling goes down, sit quietly for 2 hours. Do **not** bend the affected wrist. Call the cardiologist who did your procedure as soon as you can.

Other Concerns

Also call the cardiologist who did your procedure if you have:

- Any of these **signs of infection:**
 - Redness or drainage
 - Fever higher than 101.5°F (38.6°C)
 - Change in the bruise or lump at the site
- **Numbness** in your arm or wrist, if a catheter was placed in your wrist
- **Severe pain** that is not relieved by acetaminophen (Tylenol)

Medicines After Your Procedure

- If you had a stent placed, you will take:
 - Aspirin to prevent blood clots in the artery where the stent was placed.
 - A blood-thinning medicine similar to aspirin that will help prevent blood clots. One of these is clopidogrel (Plavix), but your cardiologist

may prescribe a similar medicine with a different name.

- Resume all heart medicines you were taking before your procedure. Your primary cardiologist will review your medicines at your follow-up visit within 2 to 4 weeks after your procedure.
- For minor pain, you may take acetaminophen (Tylenol), either regular (325 mg) or extra strength (500 mg). Do **not** take more than 4 gm (4,000 mg) in a 24-hour period.
- Keep taking your other prescribed medicines unless your doctor tells you otherwise.

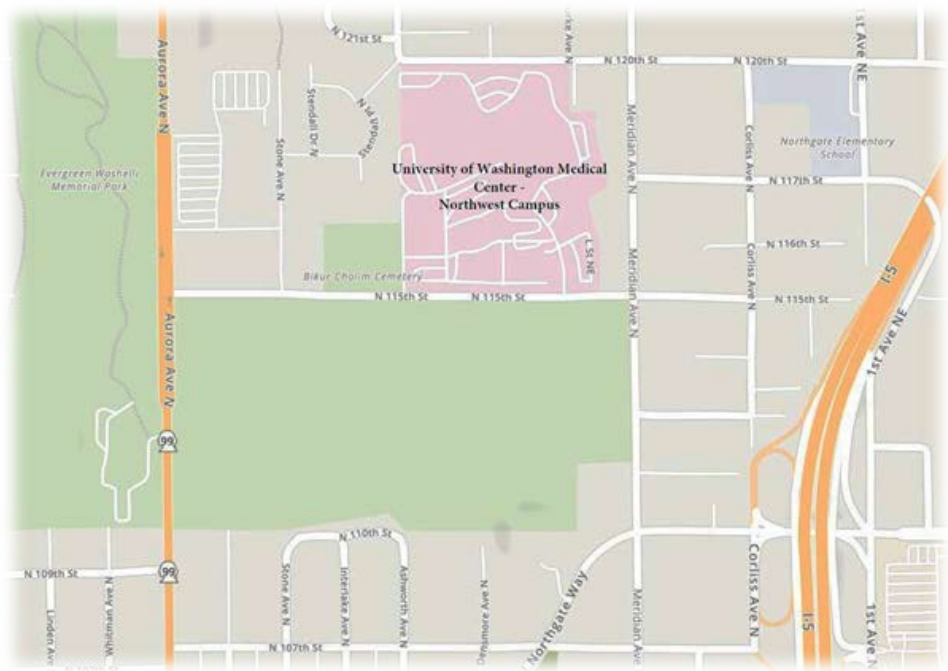
Follow-up Care

- Schedule a follow-up visit with your heart doctor (cardiologist) or primary care provider (PCP). **Be sure to keep this appointment.** Follow-up visits are usually 2 to 4 weeks after you leave the hospital.
- If you had a stent placed, the artery in your heart can become blocked again after the procedure. Watch for the same symptoms that you had before the procedure. Call your doctor **right away** if those symptoms return.

How to Find Us

UWMC Northwest Campus

Address: 1550 N. 115th St. Seattle, WA 98133



Driving Directions to UWMC Northwest Campus

- From I-5, take exit 173
- Turn west on Northgate Way
- At Meridian Avenue North, turn right (north)
- Take the first left onto 115th Street
- Entrance to the Northwest Hospital campus is on the right

Parking

UWMC Northwest Hospital Parking Instructions

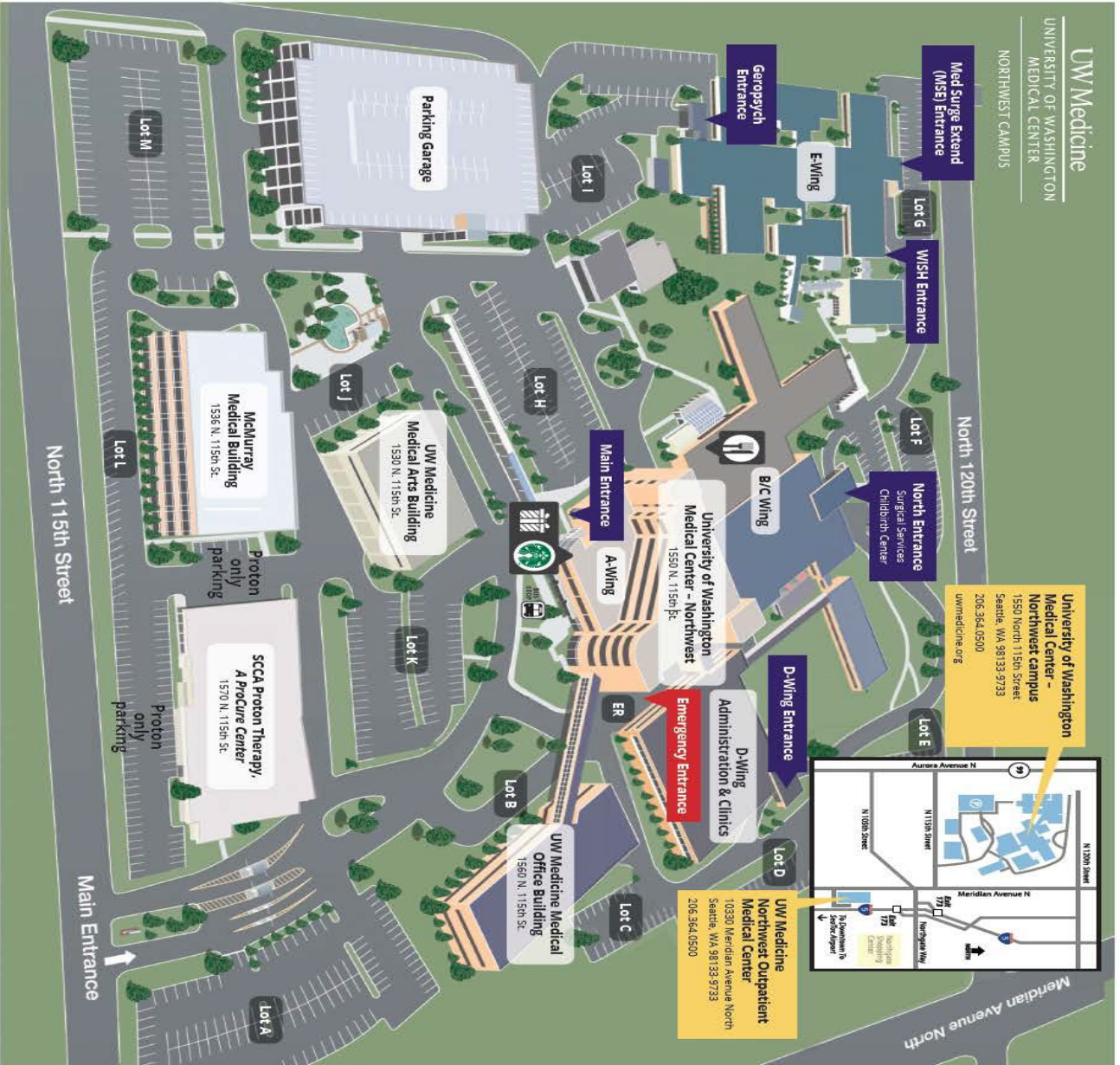
From North 115 Street main entrance, drive straight pass Lot K and Lot B. Follow the road toward UWMC Northwest Building. You may park in any parking lot that is available.

Please see UWMC Northwest Hospital Visitor Maps below.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **For general questions:** weekdays from 8 a.m. to 5 p.m.: Call the UWMC Heart Institute at 206.598.8435 or 206.597.3609.
- **For questions related to your procedure,** weekdays from 6:30a.m to 5:00p.m: Call UWMC Northwest Hospital Cardiac Procedures at 206.668.1085. Ask to talk with a nurse.
- **For urgent concerns related to your procedure,** or if it is after hours or on a weekend or holiday: Call 206.598.6190 and ask to page the UWMC Northwest Hospital Interventional Cardiologist.



CHECKERS CAFÉ

Full service café offering hot and cold food, beverages and snack items.

Hours: 6:30 a.m. – 7:30 p.m. Daily

Full Service Hot Meals:

- Breakfast: 6:30 a.m. – 9:30 a.m.
- Grill: 11:00 a.m. – 7:30 p.m.
- Dinner: 4:30 p.m. – 7:30 p.m. Mon – Fri

Weekend/holiday hours:

- Breakfast: 8:30 – 10:30 a.m.
- Lunch: 11 AM – 2:30 p.m.

GIFT SHOP

Gifts for all occasions, including fresh flowers, greeting cards, balloons, baby gifts and assorted snacks and beverages.

Hours: 9:00 a.m. – 6:00 p.m. Mon – Fri

Closed Saturdays, Sundays and Holidays

Main Lobby, 1st floor, across from Starbucks.

STARBUCKS

Hot and cold hand-crafted espresso beverages; pastries, snacks; sandwiches, salads and more.

Hours: 6:00 a.m. – 1:30 a.m. (next day) Mon – Fri

6:00 a.m. – 7:30 p.m. Weekends

Main Lobby, 1st floor, across from the Gift Shop.

VENDING MACHINES

Food and beverages are always available from vending machines located near the Checkers Café.

ON-CAMPUS PARKING RATES:

Less than 30 minutes.....	FREE
30 - 59 Minutes.....	\$ 4
1 to 2 Hours.....	\$ 6
2 to 4 Hours.....	\$ 8
All Day Pass.....	\$10
Weekly Pass.....	\$32

