



Your Heart Catheterization Procedure at UWMC - Montlake Campus

Preparing for your 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 - Montlake 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 2nd Floor Pacific Admitting on this date and time:

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. Please be patient if emergencies in the hospital cause a delay.



The doorway to 2nd Floor Pacific Admitting

Phone Call Before Your Procedure

A Cardiac Procedures nurse will call you 3 to 7 days before your procedure. The nurse will ask 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 at **206.598.8435**.
- If you need to reschedule or cancel your procedure, call **206.598.8200** right away.

Getting Ready

- **Pack an overnight bag.** Most patients leave the hospital the same day as their procedure. But, please 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.** You will be in the hospital for most of the day. If you are from out of town, you may want to make plans to stay overnight in the Seattle area.
- Talk with your providers about your current medicines. If you take:
 - **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:** Your doses of 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. The person who takes you home **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.

Day of Your Procedure

Fasting

- **Do not eat or drink anything for AT LEAST 6 hours before your procedure.**
- You may have a light snack such as tea and toast on the morning of your procedure day, **as long as you finish eating at least 6 hours before your check-in time.** Most patients tell us that having something to eat and drink very early in the morning makes the day smoother, lowers their stress, and improves their general mood.
- Do **not** eat high-fat foods such as bacon, sausage, or eggs for **at least 8 hours** before your check-in time.

Medicines

When you talk with the Cardiac Procedures nurse about your current medicines, they 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

To Check In

- Use the **main UWMC - Montlake hospital entrance** on Pacific Street. When you enter, you will be in the lobby on the 3rd floor of the hospital.
- **Turn right, and go down the main hallway to the Pacific elevators.** Take the elevator down to the 2nd floor.
- As you step off the elevator, turn left. Go down a short hallway. You will see a sign on your right that says **2nd Floor Pacific Admitting.** A staff person at the desk in that room will check you in for your procedure.
- After you check in, a nurse will come get you, and bring you to the pre-procedure area.

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 about your health history. We want to know about any allergies you have and to review your current medicines.
- If your doctor has ordered an *electrocardiogram* (ECG or EKG), we will do it at this time. 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. This 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 sign the consent 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

Recovery

You will rest in a recovery room for 2 to 6 hours after your procedure. During this time:

- **You must lie flat in bed.** Your nurse will help you be comfortable.
- Tell 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:** You may need to stay overnight in the hospital.

Visitors

- **ONLY 1 person may visit you in the recovery room.** This is because the room is small, and because we follow strict rules to prevent the spread of COVID-19.
- **Your visitor must wear a mask at all times while they are in the hospital.**
- If you stay overnight in the hospital, **ONLY 1 person may visit you.** Please ask for our handout, “For Visitors at UW Medicine Facilities.” The handout is online at https://healthonline.washington.edu/sites/default/files/record_pdfs/For-Visitors-UW-Medicine-ALL-Hospitals.pdf.

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 doctor tells you.

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

Activity restrictions depend on where the catheter was inserted:

If the catheter was inserted in your GROIN:

- Starting **24 hours** after you are discharged, you may:
 - Drive and return to light activity
 - Shower
- For **48 hours** after your procedure:
 - 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 this activity.
- 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) to refer you to a dietitian. A dietitian can help you plan meals and snacks for your new diet plan.

Pain Control

For 1 to 2 days, you will most likely be sore 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-inflammatory medicines 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 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. 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 206.598.6190 and ask to page the Cardiology I Fellow on call if:

- You have **drainage** from the site
- You have a lot of **redness** around the site

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 after you apply pressure for 10 minutes, **call 911 right away**. Apply pressure until help arrives.
- **If your catheter was 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 is 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 another 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 - Montlake campus is at 1959 N.E. Pacific Street, just south of the University of Washington campus. (See area map on page 10.)

Driving Directions from Interstate 5:

- Take Exit 168B toward Bellevue, State Route 520.
- Take the Montlake Blvd. exit.
- Turn left on Montlake Blvd. After crossing the bridge, turn left onto N.E. Pacific Street.
- The hospital is on your left. To park in the Triangle Garage, take the next right onto N.E. Pacific Place. (See map on page 10.)

Driving Directions from Interstate 405:

- Take Exit 14 to Seattle via Evergreen Point Bridge, State Route 520.
- Take the Montlake Blvd. exit.
- Go right onto Montlake Blvd. After crossing the bridge, turn left onto N.E. Pacific Street.
- The hospital is on your left. To park in the Triangle Garage, take the next right onto N.E. Pacific Place. (See map on page 10.)

Parking

Triangle Garage

The Triangle Garage is on N.E. Pacific Place, across the street from the hospital (see map on page 10). The garage is underground. A walking tunnel connects the garage to the hospital's main entrance. When you enter the hospital, you will be in the lobby on the 3rd floor (main level).

- **Validation:** Parking in the Triangle Garage can be validated to reduce your cost. Bring your parking ticket with you to the hospital. Ask for a validation sticker when you check in at Cardiac Procedures.

- **Valet Parking:** There is a valet parking service at the main entrance to the hospital. Valets will park your car weekdays from 7:30 a.m. to 5:30 p.m. The cost for valet parking is the same as parking in the Triangle Garage.



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 Heart Institute at 206.598.4300.
- **For questions related to your procedure,** weekdays from 6:30 a.m. to 8 p.m.: Call Cardiac Procedures at 206.598.7146. 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 Cardiology I Fellow on call.

