



FORT NORFOLK  
PLAZA

**Cardiology Associates, Inc.**

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Norfolk, VA 23510

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## **Cardiac Catheterization Instructions**

Catheterization is a procedure performed to evaluate for blockage in your heart arteries or pressures inside your heart that could be responsible for your symptoms or abnormal stress tests. You will likely be admitted to the hospital on the day of the procedure. Please have someone to drive you to the hospital and remain there with you until the procedure is over. You will not be able to drive home after the procedure.

### **BEFORE THE PROCEDURE**

1. Have **NOTHING** to eat or drink after midnight the night prior to the procedure if it is scheduled before noon. If it is an afternoon procedure, nothing to eat for 5 hours prior to the scheduled time of the procedure. You may take your usual morning meds with water.
2. **DO NOT STOP** Plavix or Aspirin unless specifically directed by your physician.
3. **STOP COUMADIN and/or WARFARIN 5 DAYS PRIOR TO PROCEDURE. (contact physician or scheduling staff for instructions)**
4. **STOP XALERTO and/or PRADAXA 24 HOURS PRIOR TO PROCEDURE (contact physician or scheduling staff for instructions)**  
**IF YOU ARE ALLERGIC TO IODINE OR HAVE HAD AN ALLERGIC REACTION TO X-RAY DYE YOU WILL NEED TO BE PRE-MEDICATED. PLEASE NOTIFY US IN ADVANCE SO YOU CAN BE MEDICATED THE DAY BEFORE.**
5. If you are a Diabetic you will only want to take **HALF** of the normal **INSULIN** the morning of the procedure and **DO NOT** take any of your diabetic pills you are on.
6. **GLUCOPHAGE (METFORMIN) OR GLUCOVANCE** must be stopped the day before the procedure and for 2 days after. Not taking this medicine helps reduce any risk of dye related kidney injury
7. You may take all other medications that are not required to be taken with food, with small sips of water (if you take diuretics also known as “water pills” you may want to delay taking them until later in the evening for you will be on bed rest).
8. You will be required to have blood work done prior to the procedure to evaluate your kidney functions, clotting factors and blood count levels. This helps ensure your procedure is done safely
9. Be prepared to stay overnight if a stent is placed or if otherwise deemed appropriate by the cardiologist. Generally, if no stent is placed or no abnormalities seen, you will likely go home the same day

### **DURING THE PROCEDURE**

- Your groin shaved or your neck or wrist will be prepared and you will be given a mild sedative.
- You will receive a local anesthetic to prevent pain at the insertion site.
- The doctor inserts an introducing sheath into blood vessel in your groin, neck or wrist.
- Through the sheath, a long thin tube called a catheter is then advanced through the artery and placed in your heart arteries. Sometimes a balloon tipped catheter is inserted through your vein to your heart as well
- A contrast dye is injected through the catheter and arteries are evaluated under X-ray.

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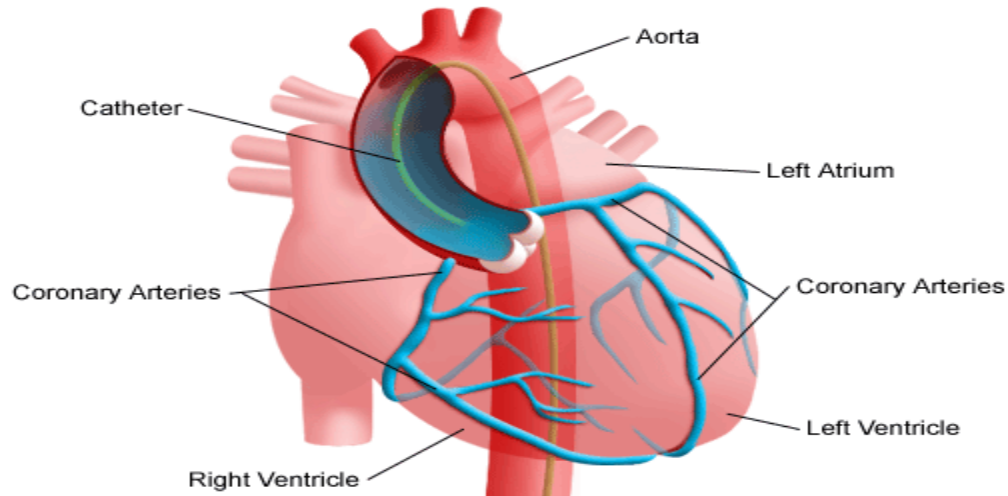
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- If a blockage is seen, you may need a balloon inflation or stent to open the artery. It likely will occur at the same time the original catheterization is performed.

### **Injection of Dye Into Coronary Arteries**



### **AFTER THE PROCEDURE**

- You will need to be in complete bed rest for 2-6 hours.
- Other than minimal discomfort you should not have intense pain or throbbing pain at the site. If so please inform the nurse immediately.
- A nurse will check your blood pressure and the insertion site.
- You may be asked to drink fluids to help the contrast liquid flush out your system.
- It's normal to have a small bruise or lump at the insertion site. These common side effects should disappear within a few weeks. Sometimes you will see bruising down your thigh.

### **ACTIVITY**

- No heavy lifting (above 10 pounds) for 1 week.
- No driving for 2 days after the procedure.
- No exercise or vigorous/strenuous activity for 1 week.

### **PUNCTURE SITE**

- Remove dressing and leave open to air the day after the procedure.
- Wash site with soap and water daily.
- Shower preferred (instead of tub bath to prevent infection for 1 week).
- No cream or lotions to site.

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## **WHEN TO CALL YOUR DOCTOR**

Call your doctor right away if you have any of the following:

- Angina (chest pain)
- Pain, swelling, redness, bleeding, or drainage at the insertion site.
- Severe pain, coldness, or a bluish color in the leg or arm that held the catheter.
- Blood in your urine, black or tarry stools, or any other kind of bleeding.
- Fever over 101F.

You will likely have a 2 week follow-up with either the Physician Assistant or the Cardiologist to review the procedure results and discuss the next steps.

**Your Heart Catheterization is scheduled for:**

**Date** \_\_\_\_\_ **Time** \_\_\_\_\_

**At Sentara Norfolk General Heart Hospital**

**2<sup>nd</sup> Floor Care Unit**

**600 Gresham Drive, Norfolk, VA 23507**

**757-388-8665 (phone)**

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