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Cardiac Catheterization Instructions:

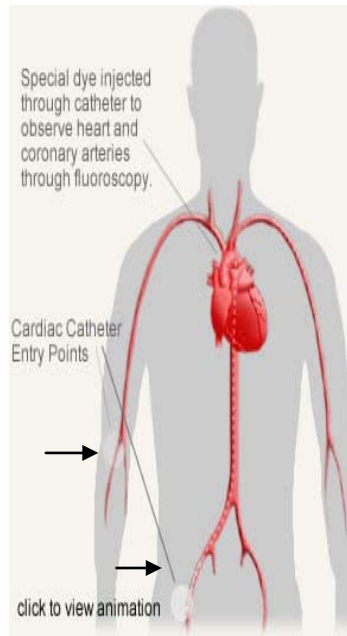
Catheterization is a procedure performed to evaluate for blockage in your heart arteries that could be responsible for your symptoms or abnormal stress tests. You will likely be admitted to the hospital on the day of the procedure. Please have someone to drive you to the hospital and remain there with you until 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.
2. **DO NOT STOP** Plavix or Aspirin unless specifically directed by our physician.
3. **STOP COUMADIN /WARFARIN 5 DAYS PRIOR TO PROCEDURE.**(Inform physician for instructions)
4. **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 BEGIN MEDICATION THE DAY BEFORE.**
5. If you are Diabetic you will want to only 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 of the procedure and for 2 days after.
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 comfort as you will be on bed rest).
8. You will be required to have blood work done prior to the procedure to evaluate your kidney function and Blood levels. You may be asked to take a medication called Mucomyst. This liquid medication may be taken with juice or soda and assists your kidneys in removing X-ray dye.

DURING THE PROCEDURE

- Your groin will be shaved 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 a blood vessel in your groin.
- Through the sheath, a long thin tube called a catheter is then advanced through the artery and placed in your heart arteries.
- A contrast dye is injected through the catheter and arteries are evaluated under X-Ray.



After the Procedure

- You need to be in complete bed rest for 3-5 hours.
- Other than minimal discomfort you should not have intense pain or throbbing pain at the site. If so please inform your nurse immediately.
- A nurse will check your blood pressure and the insertion site.
- You may be asked to drink fluid to help flush the contrast liquid 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. Some times 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 procedure.
- Wash site with soap and water daily.
- Shower preferred (instead of tub bath to prevent infection for 1 week).
- No creams or lotions to site.

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

Your Heart Catheterization (CATH) is scheduled for:

Date _____ **Time** _____

At Wake Med Cary / Rex Healthcare