

A GUIDE TO YOUR UPCOMING PROCEDURE

1. 24-HOUR INSTRUCTIONS

MEDICATION

- If you have an allergy to iodine or procedure contrast dye, please inform your doctor as soon as possible in order to get a prescription for medication needed before your procedure.
- **DO NOT TAKE** Glucophage (Metformin), Avandamet, Glucovance or Metaglip for two (2) days before the procedure. You will need to remain off these medications for two (2) days after the procedure.
- If you take Insulin, only take a half dose the morning of the procedure, no matter the time of your procedure. Don't take any other diabetes medication the morning of the procedure. Your blood sugar will be monitored closely at the hospital.
- Notify the hospital staff if you have a history of nausea after anesthesia so we can help prevent or manage nausea after your procedure and at home.

DIET

- If your procedure is in the morning, do not eat or drink anything after midnight, the night before your procedure including gum and candy.
- If your procedure is in the afternoon, you may eat a light breakfast the morning of your procedure. *An example of a light breakfast includes the following: two slices of toast or a few peanut butter crackers, juice or water (preferably no or little milk). You may drink a small cup of coffee.*
- Do not use tobacco products after midnight the night before your procedure.

GLASSES, DENTURES, REMOVABLES

- Do not wear jewelry or hairpins to the hospital. You will be asked to remove your eyeglasses or contact lenses prior to the procedure.
- You will be asked to remove any dentures, partial plates, artificial eyes or other prosthetic devices prior to the procedure.
- All of the above listed items should be given to the person holding your medications.

CLOTHING/HYGIENE

- Shower/bathe the night before and morning of your procedure using an antibacterial soap. Wash thoroughly from your jaw to toes for five full minutes, paying special attention to the area where your procedure/surgery will be performed (both arms, both groin areas). Do not scrub the skin hard enough to cause abrasions.
- Pacemaker/Defibrillator: Use Dial, Hibiclens or chlorhexidine purchased from your pharmacy. Follow directions.
- Do not shave the area of your body where your surgery will be performed. Any new cut, abrasion or rash on your surgical extremity may cause a delay in your procedure.
- Do not wear powder/makeup anywhere on your body. No polish or fake nails on fingers or toes.
- Wear clothing that is loose and easy to remove so you can easily undress before and redress after your procedure.

LOGISTICS

- Make arrangements for transportation because you will not be able to drive home due to sedation.
- Arrange for someone to be with you at the hospital/clinic to hold your medications and valuables and to assist with any directions or results given to you after the procedure.
- Pack an overnight bag just in case. Pacemaker and defibrillator implants will require an overnight stay.
- Leave money or any valuables at home since the hospital cannot be responsible for lost or stolen items.

You are responsible for your medications and valuables and will not be reimbursed if lost.

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2. PROCEDURE EXPECTATIONS

ARRIVAL & PREP

Upon arrival you will receive a band for your wrist. You may be directed to the lab before going to a prep area/room. Once you are in the prep/area room, you will be asked to remove all clothing and given a hospital gown.

An IV will be inserted, you will be connected to a heart monitor and pulses will be marked on your feet. The insertion area of the catheter or device will be prepped/shaved. Prior to your procedure, you may be given medicine to help you relax. You may also be given medicine to help with a contrast allergic reaction.

PROCEDURE

Someone will bring you to the cath lab when the physician is ready for you. Your nurse will give you an expected time, which may be a couple hours after the preparations are complete. Once you are in the cath lab, you will be given IV sedation to be made more comfortable. You will remain awake but may or may not remember the actual procedure. The time may vary, but could take from 15 to 60 or more minutes depending on the procedure.

RECOVERY

IF THE PROCEDURE IS VIA THE **GROIN** ARTERY OR VEIN:

- You must lay flat and still for at least 2-3 hours after to prevent bleeding.
- You may or may not return to your room with the sheath (large IV) still in your groin artery or vein. If the sheath is still in place, the nurse will remove it once your blood has 'thickened' (15 minutes to 3 hours) and apply pressure to the site for 15+ minutes to ensure the site does not bleed.
- You will have a pressure bandage applied to the insertion site and discomfort may occur. A sandbag may be applied to the groin area to prevent bleeding and as a reminder to keep the leg still.
- After 2-4 hours, your head will be raised but you must remain in the bed 2 more hours (a total of 4-5 hours bed rest).

IF THE PROCEDURE IS VIA THE **ARM/WRIST**:

- A bandage will be placed. It is very important that you DO NOT lift with or bend the wrist for 24 complete hours.

Your blood pressure and catheter insertion site will be monitored frequently for the first hour. You will need to lie still for at least a few hours depending on the type of procedure you have and how your body tolerates it. The nurse will instruct you. If a stent was placed, you may have to stay overnight and will be brought to a patient room in the hospital. You or your family member will be given the results of your test before you leave the hospital.

Before your discharge, you will be scheduled for a follow-up visit with your health care provider between one and two weeks to check the catheter insertion site. It is very important that you let us know if you cannot keep this follow-up appointment.

If you take Coumadin, Warfarin or Jantoven, you will also be scheduled for a protime within three days.

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3. HOME CARE INSTRUCTIONS

MEDICATION

- Remember to remain off of Glucophage (Metformin), Avandamet, Glucovance and Metaglip for two days after your procedure.
- If you were started on Plavix (clopidogrel), Effient or Brilinta for a drug-eluting stent, ***DO NOT STOP these medications without calling your cardiologist first. These medications MUST be filled/refilled and continued without interruption after discharge to prevent clotting of the stent. Please notify CIS immediately if you have any trouble filling these medications.***

DIET

- Follow a low sodium, low fat diet.
- If you are diabetic, you should resume your normal diabetic diet.
- If you are on Coumadin, Warfarin or Jantoven, follow a consistent vitamin K diet.

ACTIVITY

- No lifting, bending or stooping for one week.
- You may walk as needed the day after the procedure.
- You may shower the day after the procedure and the bandage may be removed at this time.

WHEN TO CALL YOUR DOCTOR

- Increasing pain, swelling, redness, bleeding, draining or warmth at the procedure site
- Fever over 101 degrees Fahrenheit
- Chest pain or shortness of breath
- Difficulty or inability to urinate, or if there is blood in the urine
- Severe pain, coldness, no pulse or a bluish color in the same leg or arm the incision or catheter was inserted
- Weakness or dizziness

Any other symptoms that cause increased concern.

PAIN

Tenderness, soreness or bruising is normal for 3-7 days and should lessen over time.

We recommend the following to help reduce pain/discomfort:

- Use ice packs for 20 minutes, 3-4 times per day
- Change positions
- Support the incision when getting in and out of bed
- Try stress reducers such as deep breathing, music, humor and quiet visits from friends.

Call CIS if you develop new or increasing pain OR you have severe pain that isn't relieved by medication.

INFECTION

- Common signs and symptoms of infection are redness, swelling and/or severe pain around the area of device incision or catheter insertion; drainage from that area that is not clear; fever above 101 degrees Fahrenheit.
- Wash your hands often and keep the bandage/insertion site clean to prevent infection.

BLEEDING

If you start bleeding excessively from the device incision or catheter insertion site, hold firm pressure for 10 minutes. If bleeding doesn't stop, call CIS immediately.

NAUSEA

If you develop nausea at home, try to following:

- Apply a cold compress to your forehead and neck
- Avoid heat and humidity
- Relax and try to sleep through the nausea period
- Eat bland, unspiced, lean foods that are gentle on your stomach (EX: crackers, rice, toasted whole grain bread, chicken without skin).
- Certain scents have been known to help like ginger or peppermint essential oils or rubbing alcohol.

If you need to speak with someone at CIS at any time, call your local clinic. A CIS provider is available to respond to your emergency medical needs 24 hours a day, seven days a week.