How to Prepare for Your Cardiac Catheterization Lab Procedure
For patients having a left heart catheterization and angiogram, or a left and right heart catheterization and angiogram

This handout explains how to prepare for a cardiac catheterization lab procedure at UW Medical Center.

Your Appointment
Please check in at the Admitting Reception window on the 3rd floor of the hospital at 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. 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 review 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 or taxi.

• If you do not receive this call by 3 days before your appointment, call the nurse at 206.598.8435.
• If you need to reschedule or cancel your appointment, 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 and stay with you for at least 6 hours. 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. Please plan for this procedure, from preparations to recovery, to take most of the day.

- **Talk with your healthcare providers about your current medicines.** If you are taking:
  - **Coumadin (warfarin):** You will need specific 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. Ask 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 currently 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.
Day of Your Procedure

Fasting

- **Do not eat or drink anything for at least 6 hours before your procedure.** You may have a light meal or snack if you finish eating at least 6 hours before your check-in time. For example, a light snack of tea and toast is OK, but 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 very early in the morning makes the day go more smoothly, lowers their stress, and improves their general mood. Try eating a light snack if you wake up early in the morning, if it is more than 6 hours before your procedure. Or, you might set an alarm to wake up early enough to be able to eat a small meal.

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.**

In the Cardiac Procedures Unit

After checking in at Admitting Reception, take the Pacific elevators to the 2nd floor. Then go to the Cardiac Procedures Unit (see map at left).

When you arrive:

- You will change into a hospital gown.

- Your blood pressure and temperature will be taken.

- A nurse will review your health history. This includes a review of any allergies you may have and your current medicine list.

- An *electrocardiogram* (ECG or EKG) may be done, if your doctor has ordered one. This painless test measures the electrical activity of your heart. It helps show whether parts of your heart are too large or working too hard.

- An *intravenous* (IV) line will be started, and you will have a blood draw.
• You will meet with the doctor who will be doing 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.

• You will be asked 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 Cardiac Procedures Unit, 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.

**If You Have a Stent Placed**

If you have a stent placed, you will need to stay overnight on the short-stay unit. Some patients share rooms on the short-stay unit, so family members should not plan on staying with you in your room.

**If You Have Sedation**

• **For 24 hours after your procedure:**
  - Do not drive.
  - Do not be responsible for the care of anyone (such as children or an adult who needs care).
  - Do not drink alcohol, or take drugs other than those prescribed or recommended by your doctors.
  - Do not make important decisions or sign important legal papers.

• **A family member or responsible adult must drive you home.**
  You may not ride on Hopelink, a bus or shuttle, a taxi, or any other public transportation. This person must also stay with you for 6 hours after your procedure.

**When You Go Home**

For **5 days** after your procedure:

• Do **not** lift, push, or pull anything that is heavier than 5 pounds. (A gallon of milk weighs about 8 pounds.)

• Arrange for someone to help you with chores like the laundry and other tasks that you may need help with during this time.
Driving Directions

UWMC is at 1959 N.E. Pacific Street, just south of the University of Washington campus. (See map below.)

From Interstate 5:
- Take Exit 168B (Bellevue, State Route 520) heading east.
- Take the Montlake Blvd. exit.
- Turn left on Montlake Blvd. After crossing the bridge, turn left on 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.

From Interstate 405:
- Take Exit 14 (Seattle via Evergreen Point Bridge, State Route 520) heading west.
- Take the Montlake Blvd. exit.
- Veer right onto Montlake Blvd. After crossing the bridge, turn left on 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.
Parking

Triangle Parking Garage

The Triangle Garage is on N.E. Pacific Place, across the street from the hospital (see star on the map below). It is underground. A walking tunnel connects the garage to the hospital’s main entrance.

Parking in the Triangle Garage can be validated with a sticker to reduce your cost. Bring your parking ticket with you to the hospital. Ask for a validation sticker when you check in for your test.

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.

Cardiac Services:
206.598.8435

After hours and on weekends and holidays, call 206.598.6190 and ask for the Procedural Interventional Cardiology Fellow on call to be paged.

The star on this map shows the entrance to the Triangle Garage.