

## Preparing for Your TAVR

### *Planning ahead*

*This handout explains how to prepare for your **transcatheter aortic valve replacement (TAVR)** procedure. It includes a “2-week countdown” to help you get ready for your procedure, a sample calendar to show how you may want to keep track of your appointments, and a blank calendar that you can use to track your own healthcare visits before and after your TAVR.*

### Plan for Your Return Home After TAVR

- A successful TAVR means that you return home to live a better, longer life. Planning ahead is the most important thing you and your family can do to help make your TAVR a success. Start planning for your return home as soon as you know you will be having TAVR.
- You will need help with activities of daily living when you first go home. We suggest that you arrange to have someone who can help care for you for 1 week after you return home. Plan ahead so you are sure you have the help you need at home.
- It is hard to know how much help you will need or how long you will need it. Coping with aortic stenosis may have affected your overall health. You may need 1 to 2 months to fully recover after a successful TAVR.
- If you are not sure you will have the help and support you need at home, you may need home healthcare or even a skilled nursing or rehabilitation facility after TAVR. Please ask to talk with one of our social workers for help.



*Plan to have someone help you at home for at least 1 week after you leave the hospital.*

## Your 2-Week Countdown to Prepare for TAVR

### 7 to 14 Days Before

You will have your pre-operative (pre-op) visit 7 to 14 days before your TAVR procedure. At this visit, you will:

- Meet with a nurse practitioner or physician's assistant, who will take your health history and give you a physical exam. (If needed, you may also meet with a surgeon to get a second opinion about your treatment plan.)
- Meet with staff from the Pre-Anesthesia Clinic to review the safety of general anesthesia.
- Have an electrocardiogram (ECG), special blood tests, and a chest X-ray. If any of your lab or test results are abnormal, you may need medicines to treat the problem. Our clinic nurse will call you if you need any new prescriptions.
- Review your pre-TAVR instructions, especially what medicines to keep taking or stop taking.
- Receive a prescription for Bactroban (mupirocin), a special ointment to treat bacteria that can infect a new heart valve. Please fill this prescription at your local pharmacy.
- Be given a bottle of *chlorhexidine gluconate* (Hibiclens) soap, also called CHG soap. You will use this soap the night before and morning of your TAVR.

### 7 Days Before

- Please call our clinic nurse if you have any new symptoms or concerns, especially if you have a cough, fever, chills, pain when you urinate, or new rashes or wounds.
- If you are taking blood-thinning medicine such as Pradaxa (dabigatran) or Xarelto (rivaroxaban), you must stop taking it 7 days before your TAVR, unless your provider tells you otherwise.

### 5 Days Before

- If you are taking medicine to prevent blood clots, such as Plavix (clopidogrel), Brilinta (ticagrelor), or Effient (prasugrel), you must stop taking it 5 days before your TAVR, unless your provider tells you otherwise.

### 3 Days Before

- Start using your Bactroban ointment twice a day. Apply it once in the morning and once at night. Use a cotton-tipped applicator (Q-tip) to apply the ointment inside each nostril. Please follow any other specific instructions from your pharmacy.
- If you take warfarin (Coumadin) you must stop taking it 3 days before your TAVR. If you need a special medicine to keep your blood thin while you are NOT taking warfarin, our team will prescribe this for you.

### 2 Days Before

- If you take an ACE inhibitor such as lisinopril, enalapril, or captopril, or an ARB such as valsartan, candesartan, or irbesartan, you must stop taking this medicine 2 days before your TAVR procedure, unless your provider tells you otherwise.

### 24 Hours Before

- **If you have an allergy to contrast dye**, you will start the special prescriptions you received to prevent an allergic reaction during your TAVR. Closely follow the instructions on each prescription. There are usually 3 medicines to prevent a reaction:
  - A steroid called *prednisone* to reduce the allergic response
  - An *antihistamine* called Benadryl (diphenhydramine) to reduce the allergic response
  - An acid-reduction medicine called Zantac (ranitidine) to prevent the side effects from prednisone and the allergic response
- If you have diabetes and you take:
  - **Metformin (Glucophage):** You will stop taking it 24 hours before TAVR. If you normally take metformin in the morning and at night, you can take your morning dose on the day before TAVR, but do not take your evening dose.
  - **Long-acting insulin:** You will take only half your usual dose the evening before your TAVR.

## The Evening Before

- Eat a normal meal.
- Shower using the special Hibiclens (CHG) soap. This soap will disinfect your skin and prevent infection. Use your regular soap and shampoo on your face and hair.
- After midnight, you cannot eat any food, drink any fluids, or take anything else by mouth. This includes gum, mints, water, coffee, and tea.

## The Morning of Your TAVR

- Do **not** eat or drink anything. This includes gum, mints, water, coffee, and tea.
- Do **not** take any of your oral medicines (medicines you take by mouth) unless your doctor or nurse told you to take them the morning of your TAVR.
- Remove all makeup and nail polish before coming to the hospital.
- Leave all jewelry (including wedding rings and watches) and other valuables at home.
- Take a 2nd shower with chlorhexidine (Hibiclens). Use your regular soap and shampoo on your face and hair.
- If you need inhalers or nebulizer treatments in the morning, please use them before you arrive at the hospital.
- Wear comfortable clothes. You will change into a hospital gown before your procedure. Your clothes will be given to the person who comes with you to the hospital, or they will be held in a locker for you.
- Please bring a photo identification (ID) with you to the hospital.
- If you use a CPAP machine for sleep apnea or breathing problems, bring it with you to the hospital.

## Example TAVR Planning Calendar

This is an example of a TAVR planning calendar. This patient is having their TAVR on Monday, August 26. The calendar starts with pre-op visits 2 weeks before that date and goes until 45 days after.

AUGUST						
SUN 8/11	MON 8/12	TUES 8/13	WED 8/14	THURS 8/15	FRI 8/16	SAT 8/17
	Pre-op visit Labs, ECG, Chest X-ray Pre-Anesthesia visit					
SUN 8/18	MON 8/19	TUES 8/20	WED 8/21	THURS 8/22	FRI 8/23	SAT 8/24
	Call clinic nurse to update symptoms and status Last dose of Pradaxa (dabigatran) or Xarelto (rivaroxaban)		Last dose of Plavix (clopidogrel), Brilinta (ticagrelor), or Effient (prasugrel)	Last dose of warfarin (Coumadin)	Start applying Bactroban (mupirocin) ointment to nostrils morning and evening	Last dose of ACE inhibitor (lisinopril, enalapril, or captopril) or ARB (valsartan, candesartan, or irbesartan)
SUN 8/25	MON 8/26	TUES 8/27	WED 8/28	THURS 8/29	FRI 8/30	SAT 8/31
Last dose of metformin in morning Start meds for dye allergy, if needed Adjust diabetes meds, if needed Hibiclens shower in evening No food, fluids, or meds after midnight	<b>DAY OF TAVR</b> Morning: No food, fluids, or meds Hibiclens shower Remove all make-up and nail polish Check-in at 6:30 a.m.	Recovery in hospital	Recovery in hospital	Recovery in hospital	Expected discharge home	

SEPTEMBER						
SUN 9/1	MON 9/2	TUES 9/3	WED 9/4	THURS 9/5	FRI 9/6	SAT 9/7
	Phone call from UW Cardiac Procedure RN		Phone call from UW Cardiac Procedure RN			
SUN 9/8	MON 9/9	TUES 9/10	WED 9/11	THURS 9/12	FRI 9/13	SAT 9/14
	Phone call from Cardiac Procedure RN			<b>2 week follow-up visit</b> with UW Cardiac Surgeon		
SUN 9/1	MON 9/2	TUES 9/3	WED 9/4	THURS 9/5	FRI 9/6	SAT 9/7
SUN 9/22	MON 9/23	TUES 9/24	WED 9/25	THURS 9/26	FRI 9/27	SAT 9/28
				<b>30-day follow-up</b> echocardiogram and visit with UW Nurse Practitioner		
OCTOBER						
SUN 9/29	MON 9/30	TUES 10/1	WED 10/2	THURS 10/3	FRI 10/4	SAT 10/5
SUN 10/6	MON 10/7	TUES 10/8	WED 10/9	THURS 10/10	FRI 10/11	SAT 10/12
				<b>6-week follow-up</b> visit with primary heart doctor	<b>6-week follow-up</b> visit with primary care provider	

# Your TAVR Planning Calendar

Use this blank 9-week calendar to keep track of your schedule before and after your TAVR.

<b>SUNDAY</b> Date:	<b>MONDAY</b> Date:	<b>TUESDAY</b> Date:	<b>WEDNESDAY</b> Date:	<b>THURSDAY</b> Date:	<b>FRIDAY</b> Date:	<b>SATURDAY</b> Date:
<b>SUNDAY</b> Date:	<b>MONDAY</b> Date:	<b>TUESDAY</b> Date:	<b>WEDNESDAY</b> Date:	<b>THURSDAY</b> Date:	<b>FRIDAY</b> Date:	<b>SATURDAY</b> Date:
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**Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Cardiac Services: 206.598.4300