



Getting Ready for your Cardiac Catheterization



Dear: _____

You have been booked for a Coronary Angiogram/Angioplasty

Your procedure date is _____

Check in time is _____ at the Royal Jubilee Hospital's Admitting Department:
1952 Bay St., Victoria, BC

The test allows us to use x-rays to visualize your coronary arteries which supply blood to the heart muscle. The test is carried out in the Heart Catheterization lab and you may receive a light sedative. Your procedure may be through the Radial Artery (wrist) or the Femoral Artery (leg). Local anesthetic is used and a small puncture is made allowing us to pass a small tube up the artery. There should be minimal to no pain. Once the pictures are completed, a plan is made. If angioplasty is necessary then we would most often proceed at that time, unless otherwise discussed with your doctor. Once the procedure is completed, the catheter is removed and a tight bracelet will be applied to your wrist or a clamp device may be applied to the femoral puncture site in the upper leg. At times a special internal closure device may be used in the leg which may avoid the use of a clamp.

The test is done on many patients in Victoria every week and major complications are rare. Minor complications such as bruising and leakage of blood can occur at the puncture site within the first few hours. If the procedure is done via the Femoral Artery, by lying quietly and avoiding bending the leg, the patient can help prevent problems. Major complications are rare, but the chance of stroke, embolic event, kidney failure, cardiac arrest or death is less than 1% for angiograms. Risk of complications with angioplasty/stent implantation is slightly higher but generally less than 1%.

A Stent is an expandable mesh tube which has been developed to help keep the artery open. It is made of metal alloy and is placed over the same type of balloon that is used for the angioplasty. When the balloon is inflated, the stent expands and is pressed into the artery wall. The balloon is deflated and removed while the stent stays in place. It is implanted permanently and cannot be removed. You will be required to take Clopidogrel (Plavix) or another Antiplatelet drug after your procedure, in addition to Aspirin.

Medications

- If you are on **Warfarin (Coumadin)** this will need to be **stopped _____ full days before** the procedure and can be restarted upon direction from your doctor.
- You will/ will not need interim treatment with Tinzaparin injections while off your blood thinner.
- If you are on Apixiban (Eliquis), Rivaroxiban (Xarelto) or Dabigatran (Pradaxa), please **stop this _____ days before** procedure. You will be advised when to restart these medications prior to discharge from hospital.
- **DO NOT take Metformin the day of your procedure and for 48 hours after your procedure or as advised by your Doctor.**
- Please take **ASA 81mg on the morning of your procedure. NOTIFY PHYSICIAN IF YOU ARE ALLERGIC TO ASA. *If you are not taking ASA regularly, please take 160mg or 325mg the day before your procedure***
- In preparation for the possibility of coronary angioplasty with stent implantation, your Doctor may give you a prescription for a **loading dose** of an **Antiplatelet agent**. Typically this will be **Clopidrogrel (Plavix) 75mg x 4 tablets (taken at once) OR 300mg x 1 tablet. PLAVIX IS TO BE TAKEN WITH DINNER THE NIGHT BEFORE THE PROCEDURE (IF you are currently taking Plavix, please continue with your current dose)**. Your Doctor may give you an Antiplatelet prescription other than Plavix, such as **Ticagrelor (Brilinta) or Prasugrel (Effient)**. If you receive a prescription, follow your doctor's instructions for these. This may apply to both before and after your procedure.
- **If a stent is used, you MUST continue the Antiplatelet medication** as per your doctor's order, including the day of the procedure.
- Take your regular morning medications with a sip of water. If these medications need to be taken with food, do not take them until after the procedure.
- **Notify physician if you have had a previous contrast allergy.**

Lab tests

- **You have been given a requisition for blood tests. THESE MUST BE DONE ONE WEEK OR LESS BEFORE THE PROCEDURE** at any Island Health Hospital Outpatient Lab or LifeLab. (Hematology Profile, INR, PTT, Sodium, Potassium, Creatinine, GFR, random blood glucose)
- Your doctor **may** want you to have a Chest x-ray. This **must be done within 3 months** of your procedure at any Island Health Hospital on Vancouver Island.

***IF THESE TESTS ARE NOT DONE IN ADVANCE, YOUR PROCEDURE MAY BE DELAYED OR CANCELLED.**

Before admission to hospital

- **ARRANGE FOR A RESPONSIBLE PERSON TO BRING YOU TO THE HOSPITAL AND TAKE YOU HOME (BY CAR OR TAXI). YOU CANNOT DRIVE YOURSELF HOME, WALK HOME, OR GO HOME ALONE IN A TAXI.**
- Arrange for a responsible person to stay with you for at least the first night after the procedure. **LET YOUR CARDIOLOGIST'S OFFICE KNOW RIGHT AWAY IF YOU ARE UNABLE TO MAKE THESE ARRANGEMENTS.**
- If you live outside Victoria, plan to stay in Victoria for 1-2 nights after the procedure. Flight cancellation insurance is recommended or you can wait to book your return flight after the procedure.

What to bring to hospital

- BC Care Card or ID
- A translator if you do not understand English
- **All of your medications in their original containers.** You may need to take some of your own medications while in hospital, please bring enough for a week.
- **CPAP machine if you have sleep apnea**
- Glasses or contact lenses, hearing aids, and dentures with storage cases labeled with your name.

What NOT to bring or wear

- Leave all valuables at home, including jewelry, credit cards, MP3 players and cash in excess of \$20.00
- No scented products i.e. cologne, perfume or lotions

Eating and Drinking

- If your procedure is scheduled **before 0900**, you may have **Fluids only** (e.g. Apple juice, tea, coffee)
- If your procedure is **after 0900**, you may have a **light breakfast** (e.g. fluids and toast)

Day of the test

- Go to main Entrance of the D&T Tower/Royal Jubilee Hospital. Check-in at the Admitting Desk at the time your cardiologists' office told you.
- You will be admitted to Cardiac Short Stay (CSS) on the 3rd floor D&T tower
- You may be asked to wait in a waiting area- many patients arrive at the same time for different procedures in different procedure rooms
- If you are diabetic tell your nurse right away.
- You will have a shave prep to your wrist and or groin if needed
- You will have an ECG done and an IV started
- You will return to the CSS to recover and will have a clamp device on the puncture site.
- Visitors will be restricted to one person at a time for 15 minutes. Visitors can wait in the Waiting Area outside of CSS until you are ready to go home.
- The duration of your stay in the hospital will depend on the procedure you had, your medical condition and how quickly you recover. Generally you will be discharged home later the same day.
- **You will be given any new prescriptions along with verbal and written instructions explaining your follow up appointments, site care, and how to care for yourself at home.**

Signed _____

If questions please contact your Cardiologist's office
Western Cardiology Associates 250-595-1551
WestHeart Cardiology 250-595-3111
Heart Function Clinic /Dr. E. Swiggum 250-519-1601
GoodHeart Cardiology Center 778-433-8787

This info sheet can also be found on Island Health website
http://www.viha.ca/heart_health/for_patients/surgery.htm