

Medication Information

Instructions for specific medications:

- Insulin or other diabetes medications:
Do not take these on the morning of your procedure, unless instructed otherwise.
- Glucophage (Metformin):
Do not take it the day of your procedure. After your procedure, we'll tell you when to start this medication again.
- Warfarin:
Stop taking it 3 to 5 days before your procedure.
- Pradaxa, Eliquis, Xarelto:
Stop taking it 2 to 3 days before your procedure.
- Sildenafil, tadalafil, vardenafil (Viagra, Levitra, and Cialis): for erectile dysfunction. Do not take any of these for 2 to 3 full days before the procedure.

NOTICE: You will be given specific instructions before and after the procedure. Please be sure to discuss all prescription and over-the-counter medications with your physician prior to the procedure.

What are my risks when having a Cardiac Catheterization?

As with any surgical procedure, risks are present. In most cases, the benefits of these procedures far outweigh the risks. Risks related to the cardiac catheterization procedure include:

- Bleeding where the catheter is inserted
- Bleeding that may require a blood transfusion
- Bruising
- Allergic reaction to medication or dye
- Infection
- Damage to blood vessel
- Tear to the artery (small risk)

These conditions may occur after the procedure:

- Artery closes after being opened (restenosis)
- Need for an additional procedure such as bypass
- Heart attack
- Stroke

Cardiac Catheterization

A Guide to your Preparation
& Recovery

Thank you for trusting your care to Coffee Regional.

Thank you for putting your trust in Coffee Regional Medical Center for your cardiac care. Once it has been confirmed that a heart catheterization is medically necessary and will be performed as an out-patient procedure, it is best to begin your preparations. Please be sure to review all literature and communicate any questions you have to the physician prior to the procedure to ensure you are informed and prepared prior to the procedure. Any questions that are not covered in this brochure should be directed to your cardiologist. If you do not have a cardiologist, please speak with a member of our staff.

How do I prepare for my Cardiac Catheterization?

- Do not eat or drink anything after midnight the night before your procedure.
- There are **very specific medication instructions** prior to having this procedure. Please be sure to discuss all of your prescription and over-the-counter medications with your physician to ensure you are taking the correct medications and/or discontinuing certain medications. More on back of brochure about medications.
- Bring all your medications you are currently taking with you, including over-the-counter, vitamins, and/or herbal supplements.
- Shower or bathe and brush your teeth the morning of your procedure, before coming to the hospital.
- Wear loose, comfortable clothing that can easily be changed into after the procedure. You will change into a hospital gown for the procedure.
- Bring personal items for staying a night or more at the hospital.
- On the morning of the procedure, once you arrive at Coffee Regional, report to admissions to sign-in and begin the registration process.
- Someone will need to be available to drive you home from the hospital.

Arriving at your scheduled time is very important. Lab work, EKG, and a chest x-ray need to be done prior to the procedure. This may be done at pre-testing on a day prior to the procedure for some, while others may have this testing done on the day of the procedure. Your appointment time is not the scheduled time of your procedure. There are several factors that may affect your actual procedure time. Consider bringing reading material or music with earbuds to help you relax while you wait. If for some unforeseen reason you see that you are going to arrive later than your scheduled time, please call (912) 384-1900 and ask to speak with cath lab prep & recovery at Ext 4470 and inform them of your delay.

The Procedure: What to Expect.

Once you have arrived and gone through admissions, you will be brought into the Outpatient Unit to prepare for your procedure.

- In preparation, we will insert at least one IV so that you are able to receive fluids and medications necessary for your procedure.
- You will be taken to the heart catheterization lab on the first floor of the hospital & transferred from the stretcher to a table inside the lab.
- You will be draped and prepared for the procedure with the cleaning of the groin or wrist area and given medication to help you relax.
- The doctor will numb the area before accessing your blood vessel.
- The doctor will access the appropriate blood vessel and then place a small, thin, flexible tube (catheter) into the vessel and guide the catheter to your heart.
- The doctor will take pictures of your heart while dye is injected into the vessels to check for any blockages and/or narrowing of the vessels.
- If there are no blockages, the catheter will be removed and the procedure is finished. A bandage will be placed over the catheter site and you will return to recovery. There may be pressure held to your groin area for several minutes and/or a closure device used to help stop bleeding.

If one or more arteries are blocked or severely narrowed, your cardiologist:

- Will treat it with percutaneous coronary intervention (PCI), which usually includes angioplasty (refer to additional handout), OR
- May decide to stop your angiography, and do it at a later time. If the artery cannot be opened with angioplasty, you may need coronary artery bypass graft (CABG) surgery at some point and will need to be transferred to another hospital.

Post-Procedure Care

Most patients will recover quickly and fully, often times feeling better than before the procedure. After the procedure, most patients will begin taking medication to protect their heart health, as prescribed by the physician. This medication is important to prevent restenosis of the affected artery. A follow-up appointment will be scheduled soon after you are released from the hospital. Next steps are based on the patients individual prognosis and some patients require additional procedures or surgery. You may be transferred to another facility on the day of your procedure if it is determined you need additional surgery during the procedure that is not available at our facility. Your physician will keep you & your family updated on your prognosis.