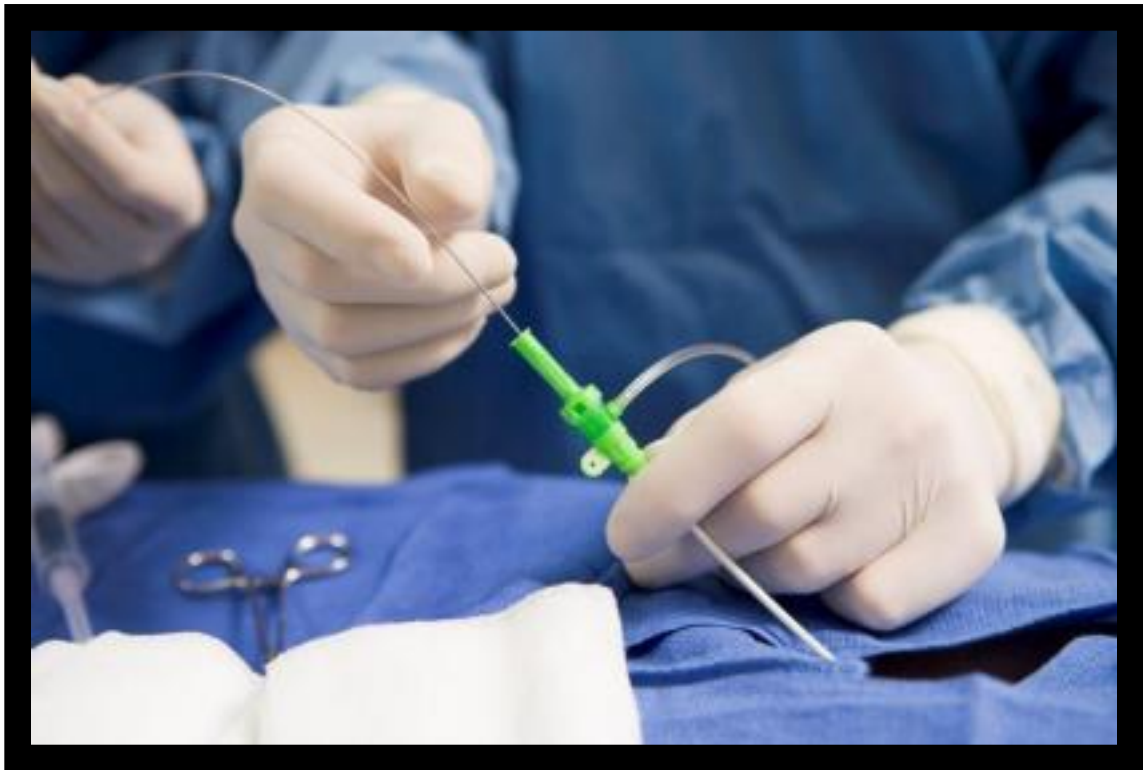


Peace River Surgery Center

Preparing for Your Cath Lab Procedure

Instructions for **Cardiac Catheterization**



Welcome to Peace River Surgery Center,

We are honored that you have chosen Peace River Surgery Center for your heart health. Our goal is to provide you with the highest-quality professional care. We look forward to making your stay with us as safe and comfortable as possible.

The following pages will go over what to expect during your stay, and what preparation is required to be ready on the day of your procedure.

These instructions are general instructions, always follow what your cardiologist specifically instructed you to do/not to do should it be different then what is written here.

We are located on the third floor of the Gulf Coast Professional Building.

Our address is:

Peace River Surgery Center

4130 Tamiami Trail, Unit 301

Port Charlotte, FL 33952

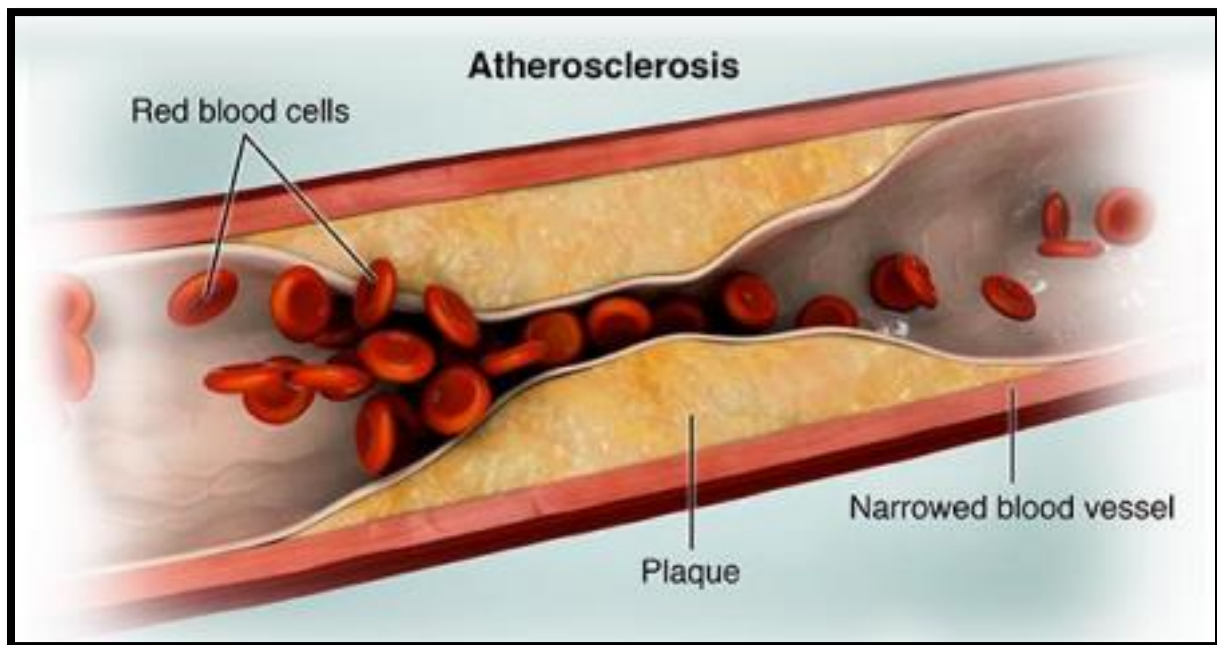


Why Am I Getting This Procedure?

You may be having a heart catheterization, also known as a cardiac angiogram, for a variety of reasons. It is possible you experienced episodes of chest pain, shortness of breath, exercise intolerance, or irregular heartbeats and have subsequently shown abnormal test results on your echocardiogram or stress test.

In addition, you may have risk factors for coronary artery disease such as smoking, high cholesterol, high blood pressure, diabetes, inactive lifestyle, unhealthy eating habits, or family history of CAD.

It is important to find the occluded arteries before they completely close and cause a heart attack. Overtime, coronary artery disease will weaken your heart and may cause heart failure if not treated accordingly.





Before Your Procedure

Pre-Op testing will include lab work. Whether this is completed in an outside lab or at our facility before your procedure date, please ensure they are completed.

Please drink plenty of water the day before your surgery, this is to ensure you are well hydrated and will assist in intravenous line placement and proper kidney hydration.

Patients must be NPO after midnight. This means nothing by mouth to eat or drink after midnight the night before your procedure.

In the morning, it is ok to take your regularly scheduled medications with a sip of water unless otherwise instructed by your physician or nurse. Please follow the instructions as to what medications need to be held.

Please shower the morning of your procedure. This is to help prevent infection. Avoid using any powders or lotions, you may wear deodorant. In addition, please do not wear nail polish or fake nails as this can affect oxygen readings.

Please ensure that you have a ride home after your procedure. Patients are not allowed to drive themselves home under any condition. This is for your safety.

We will provide small snacks and drinks after your procedure. You are welcome to bring a personal lunch or have your family deliver your lunch.





Although we may already have a list of your medications from your Cardiologist's office, it is imperative that you bring a current list of your medications and allergies with you the day of your procedure. We want to make sure to have the most accurate accounting of your medications. You have the most knowledge about your meds and allergies, we depend on you to inform us of this for your safety.

It is **very important** to inform us of IV Dye, Iodine, or Shellfish allergies before your procedure. Please feel free to use the template located under the Patient Registration tab on our home page. Your nurse will review your medications with you prior to your procedure. This is to ensure the physician has the most accurate information as to what you already take so that there are no cross interactions with medications, we may administer to you. Please include both prescription and over-the-counter medications.

Important Medication Instructions:

Please **CONTINUE** taking your anti-platelets which include:

Aspirin, Brilinta (ticagrelor), Plavix(clopidogrel), Effient (prasugrel)

DO NOT take **Viagra (Sildenafil)** or **Levitra (vardenafil)** for 24 hours prior to your procedure.

DO NOT take **Cialis (Tadalafil)** 72 hours before your procedure.

DO NOT take **Warfarin, Coumadin or Jantoven**, for 5 days prior to procedure.

DO NOT take any of the below blood thinners 48 hours prior to procedure:

Eliquis (Apixaban), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Savaysa (Edoxaban)

DO NOT take Metformin (Glucophage) or any metformin containing products the morning of your procedure, all other diabetic medications are ok to take as needed.

PLEASE BRING YOUR COMPLETED PATIENT ACKNOWLEDGMENT FORMS THAT WERE PROVIDED TO YOU THE DAY YOUR CARDIOLOGIST SCHEDULED YOUR PROCEDURE. THIS FORM IS ALSO LOCATED UNDER THE PATIENT REGISTRATION TAB ON OUR HOME PAGE. YOU MAY ALSO USE THE FORMS AT THE END OF THIS PACKET TO MAKE REGISTRATION QUICK AND STRESSFREE THE DAY OF YOUR PROCEDURE



The Day of Your Procedure

It is very important that you arrive on time for your procedure.

Once the receptionist checks you in, your nurse will be informed you are here. You will be taken to a private room and a hospital gown will be provided for you to change into. We will also provide you with non-slip socks during your stay. Your belongings will stay in your room. Please do not bring any valuables.

We will ask you often to confirm your name and birthday and an ID band will be applied to your arm. Different team members may ask you the same questions, this is to ensure your safety.

Once you are changed into our gown, the nurse will perform a physical assessment and may ask you some additional questions to verify your history. An IV will be started and you may receive pre-op fluids for hydration and to protect your kidneys. You may receive medication before the procedure to help keep you relaxed.

If you have diabetes, your blood sugar will be checked prior to the procedure.

The procedure in the Cath lab room may take 1 to 2 hours. You can expect to be with us anywhere from 2-8 hours post-op depending on your procedure type and the required recovery period.

The nurses and doctors taking care of you will keep your family informed. Family members will be allowed to visit the patient but must remain in the waiting area if they choose to stay for the duration of the procedure. This is to protect patient privacy.

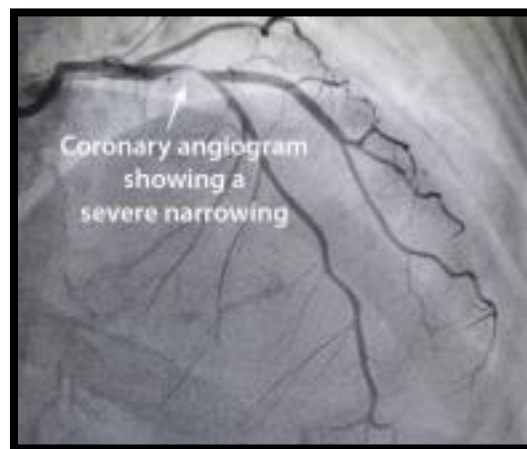
We do our best to be on time, please be patient if there is a delay. Occasionally, emergencies or unforeseen circumstances could delay your procedure. Our staff will keep you informed of the progress.

Cath lab facilities can be chilly, warm blankets will be available, but you are welcome to bring a light sweater for yourself as well.

What Is Done During This Procedure?

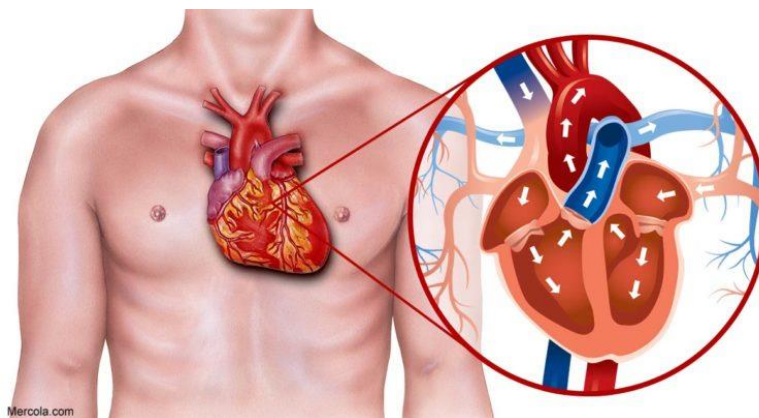
During the procedure, the cardiologist can look directly at your coronary arteries. This is done by injecting contrast dye into the coronary arteries under x-ray.

The images taken will show if there is plaque buildup in the arteries, where it is located, and if it is limiting blood flow to a specific area of your heart.



In addition, your cardiologist can determine how strong your heart is pumping.

The results of the heart catheterization will guide you and your physician in creating a treatment plan. The plan could include PCI (Percutaneous Coronary Intervention), or in other words, fixing the blockage. This is done by either placing a stent in the narrowed area in the blood vessel, ballooning the area to increase diameter, or using additional equipment to remove the blockage.



After Your Procedure

From the Cath lab, you will be taken back to your original room to recover. During the recovery, your nurse will keep a close eye on you. There will be frequent vital signs and procedure site checks. This is to ensure you are recovering well and there is no bleeding.

For groin access, patients will be required to lay flat without bending their legs for at least an hour and up to 4 hours with minimal head of bed elevation. For wrist access, you may be able to get up within 1 hour of recovery.

Some patients will come back with a sheath in place. A sheath is a small tube that is used to access your vascular system, similar to an IV. If this is unable to be removed in the Cath lab, it will be removed in recovery. There are numerous factors such as patient anatomy, amount of blood thinner received, and physician preference that determines how the access site is closed. The sheath will be removed manually once your blood reaches a safe level of coagulation. This is checked with a very small sample of blood from your sheath.



During removal of the sheath, direct manual pressure is applied to the site to seal the puncture. This can take up to 20 minutes. Once your nurse assures that there is no bleeding or swelling from the puncture site, frequent procedure site checks will continue until your discharge. Please note that if you have a sheath, the recovery period does not start until it is removed. In addition, bed rest times can vary depending on how each individual's recovery goes.

If your access is through the wrist, you will have a compression band placed on your wrist, this is an air-filled balloon that is slowly deflated in recovery.



When Will I Go Home?

Once you are recovered from sedation, the ordered bed rest completed, and you can drink, urinate, and walk, you are ready to go home! Your nurse will go over your discharge instructions and answer any questions you or your family may have. Your IV will be removed last. A wheelchair will be provided to assist you to your designated ride home. We encourage families to be present for discharge teaching to ensure that the information is understood.

We expect your stay with us to be short and sweet, but should any emergency occur, we want to assure you that EMS and the hospital are less than 3 miles from our surgery center!

The day after your procedure, someone from our center will call you to check how you are doing.

Thank you for allowing us to take care of you and your family!



DAY OF PROCEDURE CHECKLIST:



- I have my ID and insurance card.
- I have my current list of meds and allergies.
- I have taken/stopped taking the medications that were told to me.
- I have my completed Patient Notification and Acknowledgment.
- I last ate food at: _____
- I have a ride home with: _____
- Ride's Phone Number: _____
- This person can get updates on my care should they ask/call:

Name: _____

Telephone Number: _____

Please call our office at 941.629.5356 if you have any questions