

Preparation Instructions for Angiography Procedures (Catheterization)

Please follow these instructions prior to your procedure:

1. Do not eat or drink anything 6 hours prior to your hospital arrival time (except for a small sip of water to take your medications).
2. **Please take 325mg of Aspirin the morning of the procedure** with your current medications. If you are currently on 81mg of Aspirin, the 325mg dosage will replace your 81mg dosage the morning of your procedure. You may take four (4) of the 81mg aspirin on morning of procedure to equal the 325mg dosage.
3. **If you are on Plavix (Clopidogrel), Effient, or Brilinta, please DO NOT STOP this medication.**
4. **If you are on a blood thinner such as Coumadin, Warfarin, Pradaxa, Xarelto**, Savaysa or Eliquis, please stop this medication 3 days prior to your procedure to avoid being rescheduled. * * IF you are on low-dose Xarelto (2.5mg) DO NOT STOP**
5. Diabetic Patients: If you are on an oral diabetic medication, such as Metformin, please do not take your usual dose 24 hours prior to your procedure. If you are on insulin, please take only ½ of your usual morning dose before your procedure.
6. Please inform your physician if you are allergic to iodine or contrast dye.
7. You will need a driver to take you home after your procedure. You cannot drive for 2 days after the procedure.
8. Please call the office to reschedule if you develop a fever or infection within three days of your procedure.

If you do not arrive at the treating facility for your procedure at your designated check in time, your procedure may be subject to delay or cancellation.

Please Note: If a stent is placed, the Cath lab at the hospital may provide you with a card that has a description of your stent, including the brand, the type, and the serial number. If so, please bring this card with you to your follow-up appointment so that our office can scan the card into your chart, in the event that the card is ever misplaced.

Angiogram discharge instructions

Follow these instructions AFTER you go home from the hospital:

Activity

- Femoral artery incision (groin)
 - Restrict your activities for the next 48 hours (no lifting more than 10 pounds, avoid repetitive bending, lifting, twisting or straining)
 - Minimize stair climbing for 48 hours
 - Avoid sitting or standing in one position for more than 1 hour
 - No driving for 48 hours after discharge
- Radial artery incision (wrist)
 - Minimize movement (no flexion/extension) of wrist for 24 hours.
 - No lifting with affected arm for 24 hours
 - If bleeding occurs, apply manual pressure to the site and call physician or emergency department immediately
 - Remove the dressing the day after your procedure. Keep the site clean, dry and covered with an adhesive bandage until completely healed
 - Slight tenderness, soreness, and/or tingling of the fingers and hand are normal for up to 3 days after the procedure. If these symptoms persist, are felt to be severe in nature, or any other problems occur, notify your physician immediately

Care of Procedure/Incision Site

- Keep dressing clean and dry for 24 hours
- You may **SHOWER** after 24 hours, no tub bathing, soaking in the tub, swimming pools or hot tubs for 72 hours, wash gently, pat dry
- Avoid lotions or powders at procedure/incision site for at least 1 week
- You do not need to put a dressing over the procedure/incision site

Fluids and Diet

- Increase your water intake by 6 cups for the next 24 hours, unless otherwise instructed

- Follow your usual diet unless otherwise instructed

Medications

- Please refer to the attached Medication Reconciliation Form for your complete list of home medications to continue
- Please note: If you are diabetic and taking Glucophage/Metformin, do not take your Glucophage/Metformin for 72 hours after the procedure
- You may take non-prescription pain medication that you normally use for minor discomfort

Potential Complications

- If you experience profuse bleeding from the procedure/incision site or notice a large lump under the skin at the procedure/incision site (this could mean you're bleeding under the skin), apply direct, firm pressure to the site and proceed to the nearest Emergency Room. If you are unable to control the bleeding with direct, firm pressure, CALL 911
- You should be able to urinate once within the first 8 hours after your procedure. If your bladder feels full and you're unable to urinate, go to the nearest Emergency Room

Call your physician if any of the following occur

- Fever greater than 100 degrees F taken by mouth at least 20 minutes after eating or drinking
- Pain that is not relieved by over-the-counter pain medications you normally use
- A dressing that is soaked through with blood
- If the procedure/incision site becomes warm to the touch, red, inflamed or you notice thick drainage from the site
- Numbness/tingling or decrease in sensation to legs, feet or toes
- Difficulty urinating/emptying your bladder completely

Closure Device (if applicable)

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- You may have received a closure device placed at the procedure/incision site. If so, you will receive a special card explaining the device. You should be aware of additional information if you received a closure device.
- A small pea-sized lump felt at the site is normal. This will resolve over time.

Follow-up Care

- Please call the doctor's office at 480-747-6532 for a follow-up appointment or if you have any questions or concerns. After office hours you can reach your physician through his/her answering service. If you need immediate attention, call 911 or proceed to the nearest Emergency Room.