



Preparing for Your Cath Lab Procedure



Welcome to the Cath Lab

We are pleased that you have chosen Kaiser Permanente for your heart care needs. For more than 30 years, Kaiser Permanente in San Diego has partnered with Scripps Health for interventional cardiology, electrophysiology and heart surgery at Scripps Memorial Hospital La Jolla. We are committed to providing you with the highest-quality professional care and look forward to making your stay with us as comfortable and safe as possible.

You are an important member of your care team. As such, we encourage you to take an active role in your care. This includes:

- Providing us with accurate information
- Voicing any concerns you might have
- Asking questions about anything you do not understand
- Participating in discussion and planning of your care

We want you to be prepared for your heart procedure.

Some of the points reviewed here include:

- Preparation for your procedure
- What to expect the day of your procedure
- What to do after your procedure
- Importance of providing an accurate and complete medication list

We want you to feel as comfortable as possible. If, after reviewing this material, you still have questions, please do not hesitate to ask any member of your care team.

You may need a cardiac catheterization (cardiac cath) — often known as an angiogram — for a variety of reasons. You may have experienced chest pain, irregular heartbeats or shortness of breath — or you may have a family history of heart disease. A cardiac cath is a procedure that can determine how well your heart is pumping, the location and extent of any plaque that may narrow the coronary arteries that supply blood to your heart, or how well the valves are opening and closing. The procedure you undergo will identify a problem within the heart, including pinpointing the size and location of any plaque that is narrowing your coronary arteries.

Results from your cardiac cath will help determine what type of treatment is necessary, such as changes to your medications, angioplasty, stent or surgery. In some cases, a percutaneous coronary intervention (PCI), otherwise known as angioplasty and/or stenting, may be indicated and performed at the same time as the angiogram/heart catheterization. You may be undergoing an angiogram or intervention procedure on other parts of the body than the heart, for instance arteries in your legs, neck or kidneys in the Cath Lab. The instructions in this booklet apply to these procedures as well.

Patient and Procedure Information

Patient Name: _____

Procedure:

- ☐ Coronary angiogram/heart catheterization
- ☐ Percutaneous coronary intervention (PCI)
- ☐ Angiogram of the legs and/or kidneys
- ☐ Other: _____

Physician: _____

Date of procedure: _____ / _____ / _____ Check-in time: _____ : _____ a.m./p.m.

If you require wheel chair assistance please ask staff at the information desk to arrange wheel chair transportation for you.

Please report to:

- ☐ **Scripps Memorial Hospital La Jolla**
9888 Genesee Ave.
La Jolla, CA 92037
858-626-4123

About Your Medications

Although we may have your medication information from a previous hospital admission or from your doctor, we need to ensure the information is accurate and complete.

Bring a current list of any medications you are taking or the medications in their original containers on the day of your appointment.

Please use the medication record provided in this booklet to list the names, dosages, frequency and reason for taking all of your current medications.

Remember, only you know what medication you are taking at this time.

It is important that your doctors know not only about prescriptions, but also about over-the-counter medications, herbal supplements, vitamins, and even heavy alcohol use or any “street” drugs you may have taken recently.

If you take insulin or pills for diabetes, or blood thinners such as Coumadin (Warfarin), please ask your doctor for instructions on taking those medications prior to your procedure.

You should not take Viagra (Sildenafil) or Levitra (Vardenafil) during the 24 hours before your procedure, or Cialis (Tadalafil) 72 hours before your procedure.

Finally, if you have a known allergy to IV contrast dye, please notify your doctor’s office before your procedure date. Your doctor may need to order special medications for you to take before your procedure to prevent any problems.



Medication Record for my Cath Lab Procedure

DATE OF PROCEDURE: ____ / ____

Medication Name	Dosage	How Often	Last Taken
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____

Medication Record for my Cath Lab Procedure

Medication Name	Dosage	How Often	Last Taken
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____
		<input type="checkbox"/> 1x/day <input type="checkbox"/> 2x/day Other: _____	Date: ____ / ____ Time: ____ : ____

Allergies: Medication and/or food

Type	Description of reaction



Before Your Procedure

If your doctor has not told you to restrict your fluid intake because of a specific medical condition, you may wish to drink extra fluids the day before your procedure. Typically, patients may be allowed to drink clear liquids up until two hours before check-in for their procedure to ensure that they are well-hydrated.

Your doctor will instruct you how long you should be “NPO,” which means “nothing by mouth.” If you are having a morning procedure you will be instructed to have a regular dinner and then only clear liquids after midnight. Be sure to follow the guidelines your doctor gives you.

In the morning, you should take your regularly scheduled medications with water unless otherwise instructed by your doctor. Remember to double-check with your doctor on dosages of diabetic medicine and blood thinners such as Coumadin (Warfarin).

Please shower before coming to the hospital. Do not use lotion or powder after your shower and remove all nail polish.

**You must have a pre-arranged ride home.
For your own safety, you cannot drive yourself.**

Acceptable Clear Liquids

- apple juice
- coffee*
- Pedialyte
- sports drinks (i.e., Gatorade)
- soft drinks

- tea*
- water

**no milk, milk products or non dairy added*

The Day of Your Procedure

You should arrive at the hospital at the scheduled check-in time listed on the first page of this packet.

Remember:

- Please bring your insurance cards and a picture ID.
- If you have an advanced directive, please bring a copy for your medical record.
- Please do not bring anything valuable to the hospital, including jewelry or piercings. If you do arrive with valuables, we will ask that you give them to your family for safekeeping before your procedure.
- If you have sleep apnea, please bring your CPAP mask for the procedure.

When you check in, you will be asked to verify your name and date of birth. An identification band will be placed on your wrist. Please bring your up-to-date list of medications or the medication bottles. Also be prepared to tell your nurse about any chronic medical conditions, and previous surgeries or procedures.

Different health care practitioners may ask many of the same questions before your procedure. Repetition helps to confirm important information and ensure that you receive the best and safest care.

Finally, your doctor may be involved in a research study. When you check in, you may be given information on participation in the study. Your participation is strictly voluntary.

After check-in, we will escort you to a private space where you will remove your clothes and put on a hospital gown that ties in back. We will also give you special nonslip hospital socks. Your clothes and any other belongings will be placed in a bag with your name on it and either placed in a locker or placed under your gurney.

We have warm blankets and heating blankets available for your comfort while you wait for your procedure to begin. We do our best to stay on schedule. Occasionally, however, emergencies and other circumstances may delay a scheduled procedure. We will do everything we can to keep you on schedule. However, if a delay occurs, we have magazines and, at some of our sites, DVD players.

You will have routine labs drawn and an IV started, so we can hydrate you for your procedure. You will receive medications to help you relax for your procedure. If you have diabetes, your blood glucose levels will be managed before, during and after your procedure.

The nurses and doctors taking care of you will keep your family well-informed. While your family may stay with you before the procedure, during the actual procedure they must stay in the waiting room. This protects the privacy of other patients.

The procedure itself will last approximately 30 to 60 minutes for a simple angiogram. A heart catheterization may take up to 60 to 90 minutes if additional intervention (balloon or stent) is performed. Since you will be at the hospital most of the day for your prep, procedure and recovery, please make your family members aware so they know what to expect.

In order to ensure your privacy, you must designate a family member or friend to receive information about your condition. We ask that your family member or friend provide us with a cell phone number, so that we can contact the person if the doctor has additional questions or updates.





After Your Procedure

Following your procedure, you will be taken to our recovery room or to a room in the hospital that specializes in the care of heart patients. During your recovery, your nurse will frequently monitor your vital signs and check your groin or wrist area to be sure there are no issues with bleeding.

Infrequently, patients return to the recovery area with a tube called a “sheath” in their artery. If you have one, we will remove it manually and apply pressure to stop the bleeding. This is normal and should not be painful. Frequent blood tests after your procedure are normal.

In recovery, you will lie flat in bed for one to six hours, as your doctor orders, with your legs straight to prevent bleeding. In some cases they may use an artery in your wrist to perform the procedure, and you will be able to get up into a chair within an hour after your procedure. We can give you medication to help you stay comfortable. Many patients will be allowed to go home the same day. In some cases you may be observed overnight.

If you have received an intervention (balloon or stent) you may stay at the hospital overnight. If you received

a stent, your doctor will prescribe a medication, like Plavix (Clopidogrel), Effient (Prasugrel), or Brilanta (Ticagrelor), that prevents clots from collecting on your stents. It is very important that you are able to fill the prescription for this medication and take it daily. Not taking or stopping this medication without your doctor’s advice could cause you to have a heart attack.

Before you are discharged, we will make sure you can tolerate food and drink, and also that you can pass urine. Your IV will be removed last, just in case we need to administer any additional medications.

All patients who have an intervention will be provided cardiac discharge instructions. Family members or whoever will be helping you at home are strongly encouraged to be involved in your care. You can expect to be discharged home directly after your cardiologist, nurse practitioner or other member of your heart care team writes your discharge orders.

Finally, you must have a pre-arranged ride home.

For your own safety, you cannot drive yourself. You will receive a follow up phone call the next day, so please provide the best contact information to reach you.



- ☐ I have a ride home with:

Phone number: _____

- ☐ I have left all valuables at home, including my jewelry.

Questions for My Doctor

[illegible]





San Diego's Leader in Heart Care

At the forefront of cardiovascular care, Scripps comprehensive program is led by cardiovascular experts who use the latest technology and landmark research to treat some of the most complex heart conditions. We treat more cardiac patients than any other health care system in San Diego and perform more cardiovascular procedures than any other program in California.

Scripps is recognized as the region's heart care leader for our innovative care and unparalleled commitment to quality. We are consistently named one of America's Best Hospitals for cardiology and heart surgery by U.S. News & World Report.

For more information on cardiovascular care at Scripps call 1-800-SCRIPPS or visit scripps.org/heart.



1-800-SCRIPPS (727-4777)
scripps.org/heart