



Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_

Procedure: \_\_\_\_\_

## PATIENT INSTRUCTIONS FOR CARDIAC CATH. LAB PROCEDURES (Heart Catheterization or Peripheral Angiogram/plasty)

The following instructions should help you to prepare for your upcoming procedure that will be performed in the Cardiac Cath. Lab at Virginia Hospital Center.

### Diet/ Fasting

#### Morning Procedures

- Nothing to eat or drink (except water) after midnight the evening before your procedure

#### Afternoon Procedures (12:00 noon or later)

- You may eat a light breakfast before 8:00 AM

### Medications

#### Diabetic Medications

- If you are diabetic do not take your insulin or oral diabetic medications the morning of your procedure

#### Blood Thinners

- Do not discontinue Aspirin or Plavix
- If you are on Coumadin (Warfarin) stop this 5 days before the procedure
- If you are on Xarelto, Pradaxa or Eliquis, stop these 3 days prior to the procedure

### When and Where to Report

- On the day of your procedure please arrive 2 hours prior to your scheduled procedure time (no earlier than 7:00 AM)
- Go to Admissions in the main lobby of Virginia Hospital Center (1625 N. George Mason Dr.) to register
- Bring your insurance card and photo identification
- From Admissions go directly to the Cardiac Cath Lab located on the first floor above Admissions. The Concierge desk in the lobby can direct you to the elevators
- Labs will be drawn 3 days prior in Dr. Khurana's office or dedicated laboratory if not already done

## **Pre-Cardiac Catheterization History Form**

- Please complete this form (both sides) and bring it with you to the Cath Lab on the day of your procedure
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## **Personal Belongings**

- Leave all valuables at home, including jewelry, cash, credit cards and checkbooks
- You may wear contact lenses or glasses. You will need to remove your contacts if you are having anesthesia for your procedure
- Hairpins and body piercings must be removed
- Dark colored nail polish must be removed
- If you have an Advance Directive, please bring a copy

## **Visitors**

- You may have 1 – 2 visitors with you before your procedure begins
- During the procedure, your visitor(s) will be asked to wait in the waiting room directly outside the Cardiac Cath Lab
- After the procedure is completed, your visitor(s) may return with you to the recovery area

## **Transportation**

- Please make arrangements for someone to drive you home and have that person's name and phone number with you if you are not having anyone remain with you
- Depending on your procedure, you may be able to go home from 1 to 5 hours afterwards

## **Overnight Stay**

- In some cases, you may be required to remain in the hospital overnight. Dr. Khurana will inform you after the procedure if you have to remain overnight
- Be sure to bring a list of your medications with you so that the hospital staff will be able to provide you medications while you are in the hospital

## **Cardiac Cath Lab Contact Information**

- For any questions or concerns, please call the nurses at (703)558-5545 before 5:00 PM