



# Preparing for Cardiac Catheterization

Royal Columbian Hospital

Name: \_\_\_\_\_

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

Registration Time: \_\_\_\_\_

If you have questions about your procedure, call:

**Cardiac Catheterization Triage office**

**604-520-4519**

**Say '*booking*' when prompted**



## Planning before your procedure

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Before your procedure, you must arrange for the following:

- ✓ **Blood work** and an **electrocardiogram (ECG)**

Please complete these as soon as you get the paperwork.

Both are on the same requisition.

There is no special preparation for these tests.

They can be done at any local laboratory.

- ✓ A ride to the hospital

- ✓ Someone to be with you in the hospital

This is especially important if you would like someone to help you keep track of the information we give you, or if you need help reading or speaking English.

- ✓ **A ride home from the hospital**

Your procedure could be canceled if you do not have someone to pick you up and take you home.

Remember: **You cannot drive** right after the procedure.

We will tell you after the procedure when you can drive again (usually within 24 to 48 hours after the procedure).

- ✓ Someone to stay with you the night of your procedure.

Your procedure could be canceled if no one is with you after the procedure to help care for you.

Expect to be at the hospital at least 6 hours.

Bring a book or something to keep you occupied. There might be delays before your procedure.

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**Attention:** Your procedure could be cancelled or postponed if there is an emergent need for someone in the hospital to have this procedure. We apologize for any inconvenience this might cause. We will do our best to reschedule you as soon as possible.

## Preparing before your procedure

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### Washing and dressing

- Shower or bathe the evening before, or the morning of your procedure.
- Wear comfortable loose fitting clothing and slip on shoes with non-skid soles to the hospital.

### What to bring to hospital

- BC Services Card or Care Card (personal health card)
- Photo identification such as a driver's license
- List of all medicines you are taking (including prescription medications, medicines without prescription, vitamins, supplements, herbals, natural remedies, other drugs)
- All your prescription medications in their original containers
- List of all allergies
- Dentures and case
- Hearing aids with a spare battery and case
- Glasses and case
- Walking aids (such as cane or walker)

## Eating and drinking

Unless your doctor has told you something different:

- Eat a snack the evening before your procedure.
- If you are thirsty during the night, drink as much clear fluids as you like (such as water or clear juice).

### If your check in time is before 10:00 a.m.:

- **Do not** eat any food after midnight (12:00 a.m.).
- At 5:00 a.m., the morning of your procedure, drink 1 or 2 glasses of clear fluids such as water, apple juice, or cranberry juice.  
No coffee or tea before the procedure
- **Do not** drink any fluids after 5:00 a.m.

### If your check in time is 10:00 a.m. or later:

- Have a light breakfast before 7:00 a.m.
- Drink clear fluids until 10:00 a.m. (such as water, apple juice, or cranberry juice).  
No coffee or tea before the procedure.
- **Do not** drink any fluids after 10:00 a.m.

## Clothing and valuables

- We provide non-skid socks and gowns.
- You do not need to bring any added clothing with you.

Leave valuables such as jewellery, money, and credit cards at home.

## Medications before your procedure

### If you take blood thinners

- **Stop** taking the following medications on the day indicated, unless your doctor has told you something different.

Medication	Stop Date
Coumadin (warfarin)	4 days before
Pradax (dabigatran)	2 days before
Xarelto (rivaroxaban)	2 days before
Eliquis (apixaban)	2 days before
Lixiana (endoxaban)	2 days before

### Important

If you have artificial heart valve(s), **you must check with your Cardiologist** before stopping any blood thinner.

If your doctor has prescribed any of the following medications, continue taking them up to and including the day of your procedure:

- Aspirin (ASA)
- Plavix (clopidogrel)
- Brilinta (ticagrelor)

**If you have diabetes**

- You can continue to take your diabetes medication until the day of your procedure.
- If you take insulin, take half of your morning dose on the morning of your procedure.

**All other medications**

- If your medications are not ones listed in this pamphlet, continue to take them as you normally would.
- The morning of your procedure, take your morning medications with a small sip of water.

## After your procedure

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- We will give you something to eat and drink when we feel it is safe for you to eat and drink.
- Because there is no set length for this procedure, we can't predict when you will be ready to leave.
- We will call your contact for a ride home about 1 hour before you are ready to leave.

## For more information

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### Fraser Health

- Go to [www.fraserhealth.ca](http://www.fraserhealth.ca) and search 'cardiac catheterization'.
- Use this to go directly to the page [tinyurl.com/sh52bfx](http://tinyurl.com/sh52bfx).
- Scan this QR code\* to go directly to the page.



### HeartHub for patients/by patients

- Go to [hearthub.ca](http://hearthub.ca)
- Scan this QR code\* to go the site.



\*A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

# Where to go

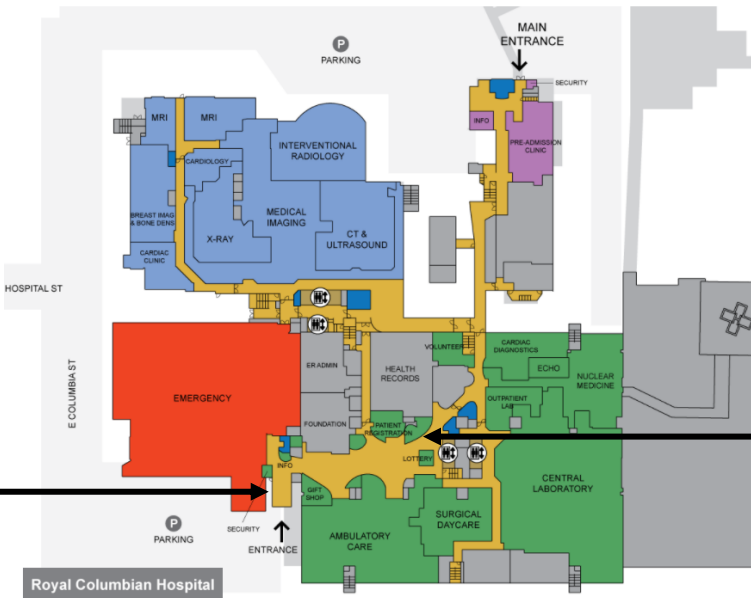
**Royal Columbian Hospital**  
330 East Columbia Street  
New Westminster  
Tel. 604-520-4519

## Monday to Friday

Go to the Registration Desk on the main floor in the lobby, across from the Information Desk. After this, go to 2 North.

## Saturday

Go to the Emergency Admitting Desk on the main floor, outside the Emergency Department. After this, go to 2 North.



Pay parking is available in lots off of Columbia Street, and Sherbrooke Street. Parking machines accept credit cards. Some accept debit cards and cash.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)