Preparing for Cardiac Catheterization

Royal Columbian Hospital

Name: __________________________________________

Procedure Date: ________________________________

Registration Time: ______________________________

If you have questions about your procedure, call:

Cardiac Catheterization Triage office

604-520-4453

fraserhealth
Planning before your procedure

Check off (☑) each activity as you complete it.

Before your procedure, you must arrange for the following:

☐ Blood work (1 to 2 weeks before your procedure)
☐ ECG (2 weeks before your procedure)
☐ A ride to the hospital
☐ Someone to be with you in the hospital 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.

Remember - You cannot drive right after the procedure. We will tell you after the procedure when you can drive again (usually 48 hours after the procedure).

☐ Someone to stay with you the evening after your procedure. Your procedure could be canceled if no one is at your home to care for you.

Expect to be at the hospital at least 6 hours.

Note: We do not give you a specific appointment time. Procedures vary in length and emergencies always take priority.
What to bring to hospital

Check off (✓) each item as you pack your bag for the 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)

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

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

- **Do not** eat any food after midnight (12:00 AM).
- At 5:00 AM, 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 AM.

If your check in time is 10:00 AM or later:

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

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

<table>
<thead>
<tr>
<th>Medication</th>
<th>Stop Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coumadin (warfarin)</td>
<td>4 days before</td>
</tr>
<tr>
<td>Pradax (dabigatran)</td>
<td>2 days before</td>
</tr>
<tr>
<td>Xarelto (rivaroxiban)</td>
<td>2 days before</td>
</tr>
<tr>
<td>Eliquis (apixiban)</td>
<td>2 days before</td>
</tr>
<tr>
<td>Lixiana (endoxaban)</td>
<td>2 days before</td>
</tr>
</tbody>
</table>

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

If you have diabetes:
- Do not take your Metformin (Glucophage) the morning of your procedure.
- Do not take any other diabetes medication or insulin the morning of your procedure unless you are told to do so by your doctor.

All other medications:
- Take all your other medications that you normally take in the morning (such as blood pressure medication) with a small sip of water.
**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.

**Smoking**
- Try to stop smoking at midnight (12:00 AM) the day before your procedure.

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**After your procedure**

**Pick up information**
- 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.
Where to go

Royal Columbian Hospital
330 East Columbia Street
New Westminster
Tel. 604-520-4052

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 in the main floor, outside the Emergency Department. After this, go to 2 North.

Parking
Pay parking is available in lots off of Columbia Street, and Sherbrooke Street.

Please note: Parking machines accept credit cards. Some accept debit cards and cash.