

## Texas Cardiology Associates of Houston

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### Patient Instructions for Heart Catheterization and Balloon Angioplasty

Your procedure is scheduled with: Dr. Lieber Dr. Moore Dr. Uddin Dr. Raza

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

Arrival Time: \_\_\_\_\_  am  pm

Procedure Time: \_\_\_\_\_  am  pm

We cannot predict that your procedure will begin on time due to hospital emergencies, which may occur, or that the case ahead of you may take longer than scheduled. Please bring something to occupy your time in the event of a delay.

You will need to pre-register for your procedure. At that time you will have lab work, chest x-ray and EKG if necessary. Please bring your insurance information with you as you will also be pre-registering yourself with the hospital.

Your pre-registration is scheduled on: \_\_\_\_\_

Arrive at: \_\_\_\_\_  am  pm

- Humble Surgical Hospital: A hospital representative will call you to schedule
- Kingwood Medical Center: Entrance C, Suite 200 (281) 348-8344
- Memorial Hermann Northeast Hospital: Southwest Tower (281) 540-7936
- Houston Northwest Hospital: Medical Mall II (281) 440-2600

### DAY OF YOUR PROCEDURE

- **Nothing to eat or drink from midnight the night before your procedure**
- **Take your routine medication with a glass of water the morning of your procedure**
- **You will need someone to drive you home**
- **Patients on insulin: You will need to check your blood sugar in the morning. If it is under 200, hold your insulin. If it's between 200-400, take half of your normal morning dose. If it's over 400 take your whole morning dose of insulin. Be sure to bring your glucometer and insulin with you to the hospital, so you can manage your own blood sugar levels and dosages throughout the day**
- **Patients on Glucophage/Metformin: STOP Glucophage/Metformin 1 day prior to your procedure and resume 48 hours after your procedure**
- **Patients on Aspirin, Plavix, Effient or Brilinta: Continue these medications. If Anyone requests you to discontinue these medications please contact our office**

- **Patients on Coumadin, Eliquis or Pradaxa: STOP 5 days prior to your procedure and resume 1 day after your procedure**
- **Patients on Xarelto: STOP medication 24 hours prior to your procedure and resume 1 day after your procedure**
- **DO YOU HAVE ANY ALLERGIES TO SHELLFISH OR IODINE? If you answered yes to this question, then you will need to be pre-medicated 2 days before your procedure for prophylactic reasons**

**ABOUT THE PROCEDURE**

The nurse will need to start an IV. They may need to shave your groin area where the doctor will be inserting the catheter. Before they can insert the catheter, they will inject local anesthesia into the groin site. This is the only pain you will feel. You will get medication to sedate you for the procedure (Valium, Benadryl and/or Versed). You will be awake during the procedure and will be able to talk to the physician while the procedure is in progress. When they inject the dye you may feel a warm flushing sensation, but you should not feel any pain. After the doctor removes the catheter he will then place a “plug” in the artery.

**AFTER THE PROCEDURE**

Once the “plug” is in place you will need to be on bed rest for the following 2-3 hours. If you only have a heart catheterization, you will be able to go home in the evening. If you have a balloon angioplasty or stent placement, you will have an overnight stay in the hospital and will be released the next day. Some bruising and/or a knot to your groin area is normal. Call if you encounter increasing pain, fever, redness or discharge at the incision site. For the first 2 days following the procedure, no lifting, bending or squatting. You should be able to return to work following the procedure within 2-3 days. You may shower and remove your dressing the next day following your procedure. Keep incision site cover with a Band-Aid after dressing removal for 3-5 days. Do not wear anything binding over and/or around the incision.

**Your hospital follow-up is scheduled with: Dr. Lieber Dr. Moore Dr. Uddin Dr. Raza**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_  am  pm

**If you have any questions, please call our office at (281) 358-1950**