



# Getting Ready for your Cardiac Catheterization Procedure

Dear: \_\_\_\_\_

You have been booked for a Cardiac Catheterization Procedure (Coronary Angiogram/Angioplasty)

Your procedure date is \_\_\_\_\_

Check in time is \_\_\_\_\_ at the Royal Jubilee Hospital's Admitting Department:

1952 Bay St., Victoria, BC

\*Please note: the time you are asked to check in is NOT your procedure time. Many factors determine your procedure time. We ask you to please be patient and plan to be here for the day.

\*Due to a multitude of reasons, you may be required to stay overnight in the hospital.

**\*\*BEFORE YOUR APPOINTMENT, PLEASE READ THE FOLLOWING INFORMATION CAREFULLY \*\***

**LET YOUR CARDIOLOGIST'S OFFICE KNOW RIGHT AWAY IF YOU ARE UNABLE TO  
MAKE THESE ARRANGEMENTS.**

**Please DO NOT drive yourself to the hospital**

Arrange for a Competent Adult to bring you to the hospital and take you home (by car or taxi).  
You cannot drive yourself home, walk home, or go home alone in a taxi.

**You must have a competent adult stay with you for at least the first night after the procedure.**

If you live outside Victoria, plan to stay in Victoria the night of the procedure.

You have been given a requisition for blood tests. **TESTS MUST BE DONE ONE WEEK OR LESS  
BEFORE THE PROCEDURE** only at an **Island Health Hospital Outpatient Lab** or **Life Lab**

Your doctor **may** want you to have a Chest x-ray. This **must be done within 3 months** of your  
procedure **only** at an **Island Health Hospital on Vancouver Island**

**NOTIFY PHYSICIAN IF YOU ARE ALLERGIC TO ASA or IF YOU HAVE HAD A PREVIOUS  
CONTRAST ALLERGY.**

**The information on the following pages is also very important. Please read carefully and ensure that you ask your Cardiologist or Family Doctor if you have any questions regarding medications or restrictions after the procedure.**

## If you have Diabetes

### If you have Diabetes:

- **If you take Insulin**, please eat a light breakfast the morning of your procedure. You may need to adjust your insulin dose check with your Doctor.
- **DO NOT take Metformin the day of your procedure and for 48 hours after your procedure or as advised by your Doctor.**

**If you wear a Freestyle Libre monitoring device**, please note this cannot go in to the x-ray. Please time your device swap accordingly so as not to cost you extra money for discard.

## If you are on Blood Thinners

### If you are on Warfarin (Coumadin)

- Please **stop this \_\_\_\_\_ full days before** the procedure. You will be advised when to restart this medication prior to discharge from hospital.

**If you are on an Anticoagulant** – e.g. Apixaban (Eliquis), Rivaroxaban (Xarelto), Dabigatran (Pradaxa), or Edoxaban (Lixiana)

- Please **stop this \_\_\_\_\_ full days before** procedure. You will be advised when to restart this medication prior to discharge from hospital.

## Pre-procedure Medications

- Please take **ASA 81mg on the morning of your procedure.**  
**NOTIFY PHYSICIAN IF YOU ARE ALLERGIC TO ASA.**  
**\*If you are not taking ASA regularly, please take 160mg the day before your procedure\***
- Your Doctor may give you a prescription for a **loading dose** of an **Antiplatelet agent.**  
**Clopidogrel (Plavix) 75mg x 4 tablets (taken at once) OR 300mg x 1 tablet.**  
**PLAVIX IS TO BE TAKEN WITH DINNER THE NIGHT BEFORE THE PROCEDURE (IF you are currently taking Plavix, please continue with your current dose)**  
  
Your Doctor may give you an Antiplatelet prescription other than Plavix, such as **Ticagrelor (Brilinta).**
- Take your regular morning medications with a sip of water. If these medications need to be taken with food, do not take them until after the procedure.

## Before admission to hospital

### DRIVING RESTRICTIONS:

- You CANNOT drive for 24 to 48 hours due to the puncture in your artery for the procedure, unless otherwise noted by your Doctor.
- **ARRANGE FOR A COMPETENT PERSON TO BRING YOU TO THE HOSPITAL AND TAKE YOU HOME (BY CAR OR TAXI). YOU CANNOT DRIVE YOURSELF HOME, WALK HOME, OR GO HOME ALONE IN A TAXI.**
- Arrange for a competent person to stay with you for at least the first night after the procedure. **LET YOUR CARDIOLOGIST'S OFFICE KNOW RIGHT AWAY IF YOU ARE UNABLE TO MAKE THESE ARRANGEMENTS.**

### WORK RESTRICTIONS:

- Depending on your test results and the procedures performed, you may not be able to return to work until directed by the Cardiologist performing your procedure.
  - If you require medical leave forms to be completed, please bring these with you to the hospital on the day of your procedure

## How do I get to the Hospital?

- From Up Island, head **South** on the Trans-Canada HWY/BC1, Turn **Left** onto Tolmie Avenue, Turn **Right** onto Blanshard Street/Patricia Bay HWY, and Turn **Left** onto Bay Street. The Hospital will be at the end of Bay Street.
- From the Patricia Bay HWY head **South** and turn **Left** on to Bay Street. The Hospital will be at the end of Bay Street.
- **PARKING:** is at a minimum. There is a parkade located on your left upon driving into the hospital grounds. If you arrive before 0700 there should be no problem.
- Wheels for Wellness
  - Is a 'by donation' program, which provides transportation to any non-emergency medical appointments more than 60km away from your home i.e. from Up Island to Victoria. Return trips are available.
  - 24-hour advanced booking required 250-338-0196

## What to bring to hospital?

- BC Care Card or ID
- A translator if you do not understand English
- **All of your medications in their original containers.** You may need to take some of your own medications while in hospital, please bring enough for a week.
- **CPAP machine if you have sleep apnea.** There is a chance you may require your machine during recovery.
- Glasses or contact lenses, hearing aids, and dentures with storage cases labeled with your name.
- It is OK to bring your cell phone, iPad or book. **\*\*Please note there is now Wi-Fi within the hospital\*\***

## What NOT to bring or wear

- Leave all valuables at home, including jewelry, credit cards, and cash in excess of \$20.00
- No scented products i.e. cologne, perfume or lotions

## Eating and Drinking

- Please **do not** drink Tea or Coffee for 24 hours before your procedure (this can interact with some of the medications needed for your procedure)
- If your arrival time is scheduled **before 0900**, you may have **Fluids only** (e.g. Apple juice, water, broth etc)
- If your arrival time is **after 0900**, you may have a **light breakfast** (e.g. fluids and toast)
- If you are **diabetic**, please have a light breakfast

## Day of the test

- Go to Main Entrance of the D&T Tower/Royal Jubilee Hospital. Check-in at the Admitting Desk at the time your cardiologists' office told you
- You will be directed up or brought up to the Cardiac Short Stay (CSS) on the 3rd floor D&T tower by a volunteer
- You may be asked to wait in the hallway waiting area- many patients arrive at the same time for different procedures in different procedure rooms. The nurses will admit patients as beds become available. Do not become worried if you are not brought in right away.
- Admission times are not related to procedure times. **Please plan to be here for the entire day.** If you have someone driving you, have them bring a phone with them to be called when you are done. Family is not encouraged to wait in hospital, please suggest they make plans for the day. The Visitor Policy is included for you on the last page of this handout.
- If you are diabetic, please tell your nurse.
- You will have a shave prep to your wrist and or groin if needed
- You will have an ECG done and an IV started
- You may be approached by a Research Nurse or Cardiologist to participate in one of many research studies related to Heart Health. Participation is optional and will not affect your care or treatment in any way.
- Post procedure you will return to the CSS to **recover for a minimum of 4 hours** and will have a clamp device on the puncture site.
- The duration of your stay in the hospital will depend on the procedure you had, your medical condition and how quickly you recover. Generally, you will be discharged home later the same day. **The person picking you up MUST come to CSS to collect you.**
- **You will be given any new prescriptions along with verbal and written instructions explaining your follow up appointments, site care, and how to care for yourself at home.**

The Cardiac Catheterization (angiogram) procedure allow us to use x-rays to visualize your coronary arteries, which supply blood to the heart muscle. The test performed in the Heart Catheterization Lab and you may receive a light sedative. Your procedure may be through the Radial Artery (wrist) or the Femoral Artery (leg). Local anesthetic (freezing) is used and a small puncture is made allowing us to pass a small tube up the artery. There should be minimal to no pain. Once the pictures are completed, a plan is made. If angioplasty is necessary then we would most often proceed at that time, unless otherwise discussed with your doctor. Once the procedure is completed, the catheter is removed and a tight bracelet will be applied to your wrist or a clamp device may be applied to the femoral puncture site in the upper leg. At times, a special internal closure device may be used in the leg, which may avoid the use of a clamp.

The test is done on many patients in Victoria every week and major complications are rare. Minor complications such as bruising and leakage of blood can occur at the puncture site within the first few hours. If the procedure is done via the Femoral Artery, by lying quietly and avoiding bending the leg, the patient can help prevent problems. Major complications are rare, but the chance of stroke, embolic event, kidney failure, cardiac arrest or death is less than 1% for angiograms. Risk of complications with angioplasty/stent implantation is slightly higher but generally less than 1%.

A Stent is an expandable mesh tube, which has been developed to help keep the artery open. It is made of metal alloy and is placed over the same type of balloon that is used for the angioplasty. When the balloon is inflated, the stent expands and is pressed into the artery wall. The balloon is deflated and removed while the stent stays in place. It is implanted permanently and cannot be removed. You will be required to take an Antiplatelet drug after your procedure, in addition to Aspirin.

**Signed** \_\_\_\_\_

**\*If questions please contact your Cardiologist or Surgeon's office**  
**Western Cardiology Associates 250-595-1551**  
**WestHeart Cardiology 250-595-3111**  
**Heart Function Clinic /Dr. E. Swiggum 250-519-1601**  
**GoodHeart Cardiology Center 778-433-8787**  
**CVT Surgeons 250-595-1833**



## Cardiac Short Stay Visitor Policy

Cardiac Short Stay is a recovery area for patients undergoing various cardiac procedures. As such, patients in this area require rest and privacy. The goal of this policy is to ensure a safe and healthy environment for both patients and staff.

Visitors are asked to respect the following guidelines:

- Upon arrival to Cardiac Short Stay, there is a phone located to the left of the main doors. Please call 18797 to check in. Your nurse will come out and inform you and your family member/friend of your plan for the day.
- You will then be brought into the department for procedure preparation.
- Following your procedure, your family member/friend may come into the department for a single 15-minute visit.
- Upon discharge from Cardiac Short Stay, your family member/friend may enter the department again for teaching and follow up instructions.

\*The visitor policy may be waived for special circumstances such as: patients with language barriers requiring an interpreter, patients with dementia or adolescent/young adult patients\*

**Thank you!**

### Contact Numbers:

*Cardiac Short Stay Main Desk: 250-370-8797*

Revised: August 12, 2019