



## **Patient Preparation for Cardiac Catheterization**

### **Several Days Prior to Procedure**

- **Instructions** – You will receive a telephone call from a pre-admission nurse, who will ask for a list of your current medications and drug allergies and will provide instructions for your procedure. Please be sure to provide a valid phone number to your cardiologist's office, which will be forwarded to the pre-admission office.
- **Lab Testing** – Required laboratory testing (non-fasting bloodwork and EKG's) must be completed within 30 days prior to your procedure. This will allow the results to be reviewed and any issue addressed before your arrival the day of the procedure. **Your procedure may be delayed or cancelled if you wait until the day of your procedure to complete the required testing, and problems are found.** Please enter the medical center through the main entrance on Haddon Avenue for pre-admission testing. Free valet parking is available from 7 A.M. to 4 P.M. at this entrance for pre-admission testing patients. Please obtain a token from the security desk in the lobby for this free service.
- **Anticoagulant medications ("blood thinners", such as Coumadin, Lovenox, Pradaxa, Eliquis, Savaysa or Xarelto)** – these medications often must be stopped several days prior to your procedure, so check with your cardiologist for instructions if you take them regularly. **Do not stop your Plavix (clopidogrel), Effient (prasugrel), Brillinta (ticagrelor), or Aspirin** before a cardiac catheterization.

### **24 Hours Prior to Procedure**

- **Phone Call from Hospital Nurse** - On the afternoon prior to the procedure, between 4 PM and 6 PM, you will receive a second call from a nurse in the pre-admission department, providing you with an arrival time. **Please note that this is the time you are expected to arrive, not your procedure time.** Please disregard any other time you may have been given by your physician or their office staff.

### **Day of Procedure**

- **For Virtua Our Lady of Lourdes Hospital: Entering Medical Center** –Enter the facility via the **Emergency Room entrance on Vesper Boulevard** (not the main entrance on Haddon Avenue). All procedural patients receive free valet parking at this entrance. When you enter the facility, tell the receptionist you are having a catheterization or EP procedure. You will be directed to the 3<sup>rd</sup> floor of the Pavilion Building, where registration and your procedure will take place. Any

insurance co-pay or deductible will be due at the time of registration or at the time of pre-admission testing.

- **Arrival and Procedure Time** – Please arrive at the medical center at the time given to you by the staff member who calls from the hospital and disregard any time given to you by your physician or his/her office staff. Arrival times are generally at least one hour before the estimated procedure time, to allow for necessary preparation. Other than the first case of the day, there are no scheduled start times, just a case “order.” All catheterization and EP procedures are unique and take variable amounts of time, so it is not possible to give an exact scheduled start time. In addition, there may be emergencies that delay the schedule or unexpected cancellations that may move cases earlier. **Please understand that we do our best to limit delays and will accommodate you as soon as possible. We strive to give each patient individual attention for as long as needed, and will do the same for you.** Your family may wait with you until your procedure. They will be directed to the waiting room, where they will be kept informed of your progress, and will re-join you later for your recovery.
- **Recovery Period** - You will have a several-hour recovery period after your procedure. **Please be prepared to stay at the hospital for the entire day, and you may need to stay overnight.** You will not be able to drive yourself home, so please arrange for someone else to do so, and for someone to be with you overnight in case of emergency.

Please share the above information with family or friends who will accompany you for your procedure. If you have questions or concerns or have not received a call by 4:30 PM on the day before your procedure (or will not be home that afternoon), please call (856) 635-2413, before 6pm. Our goal is to make your experience as pleasant and comfortable as possible.

### **RECOVERY AFTER CARDIAC CATH**

If your groin artery is the site of entry for your cardiac catheterization procedure:

Groin pain, swelling, bruising and a lump may occur and is expected- NOTIFY physician IF bleeding, discharge or fever occur. Symptoms may last for 1-3 weeks and may get worst before getting better.

If your wrist artery is the site of entry for your cardiac catheterization procedure:

Hand, wrist, forearm or arm pain, swelling, bruising and a lump may occur and is expected- NOTIFY physician IF bleeding, discharge or fever occur. Symptoms may last for 1-3 weeks and may get worst before getting better.