



PATIENT INSTRUCTIONS

PREPARING FOR YOUR HEART PROCEDURE

CARDIAC PROCEDURE AND RECOVERY UNIT
HEART RHYTHM SPECIALISTS


Intermountain[®]
Heart Institute
Intermountain Medical Center

YOUR PROCEDURE

- ☐ Transesophageal echocardiogram (TEE)
- ☐ Cardioversion
- ☐ Electrophysiology (EP) study with radiofrequency catheter ablation
- ☐ Pacemaker/ICD procedure
- ☐ Other: _____

DATE	PROVIDER
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FOLLOW-UP APPOINTMENTS

DATE	TIME	PROVIDER
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DATE	TIME	PROVIDER
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Knowing what to expect about an upcoming procedure can provide comfort to both you and your family. To help in your preparation, we have outlined the important things in this booklet.

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1 DETERMINE YOUR ARRIVAL TIME

We will call you after 3:00 P.M. the day before your procedure and provide you with the time you should arrive at our facility.

Please note:

- Your arrival time is based on a schedule made after 3:00 P.M. the day before your procedure. We make every effort to contact you to inform you of your arrival time by 4:00 P.M. the day before your procedure.
- If your procedure is scheduled for a MONDAY, please confirm your arrival time the previous FRIDAY. If your procedure is scheduled the day after a HOLIDAY, please confirm your arrival time the previous BUSINESS DAY.
- There will be no one available to answer your call between 7:00 P.M. and 6:00 A.M.
- Your arrival time will be earlier than your procedure time. This allows us time to complete the necessary preparations for the procedure.
- There may be some changes in the schedule due to emergencies and we appreciate your understanding. Plan to spend the day at the hospital with a possible overnight stay.
- If you are scheduled to arrive at 11:00 A.M. or later please call us at 801-507-4100 before leaving home to see if any changes have been made to the schedule.
- **If you have not received your arrival time by 4:00 P.M., call 801-507-4100.** Calling before 4:00 P.M. allows us to contact your doctor's office if needed.



Only items that are checked apply to your procedure.

2 FOLLOW YOUR MEDICATION INSTRUCTIONS

Take all of your medications as instructed by your physician on the day of your procedure. Your doctor will mark the instruction that you should follow and write any instructions below.

☐ **SVT, PVC, A-Flutter, WPW, or A-Tach Ablation**

Stop any beta blockers and anti-arrhythmic medications 3 days before your procedure. Take your last dose of: _____

☐ **ATRIAL FIBRILLATION ABLATION**

Stop any anti-arrhythmic medications 3 days before the procedure. Take your last dose of: _____



Only items that are checked apply to your procedure.

☐ **Pradaxa, Eliquis, or Xarelto**

- ☐ Continue taking your normal dose up to the procedure, but do not take any the morning of the procedure. Your doctor will instruct you on when to restart at the time of your discharge.
- ☐ Stop taking your regular dose 2 days before your procedure. Take your last dose on: _____
- ☐ Continue taking your normal dose.

☐ **Coumadin (Warfarin)**

- ☐ Get a PT/INR drawn 3 to 4 days before your procedure and call **801-507-3513** with the results. We will give you further instructions on taking your warfarin.
- ☐ Stop taking your regular dose 3 days before your procedure. Take your last dose on: _____
- ☐ Continue taking your normal dose.

☐ **Plavix**

- ☐ Continue taking your normal dose up to the procedure, but do not take any the morning of the procedure. Your doctor will instruct you on when to restart at the time of your discharge.
- ☐ Stop taking your regular dose 7 days before your procedure. Take your last dose on: _____
- ☐ Continue taking your normal dose.

☐ **Diabetes Medications**

☐ **Oxygen or CPAP Machine**

If you use oxygen or a CPAP machine at home, bring it with you to the hospital.



Only items that are checked apply to your procedure.

3 EATING AND DRINKING THE NIGHT BEFORE

Can I have anything to eat or drink after midnight, the night before my procedure?

Your care team will tell you when to stop eating and drinking before your procedure. The time will depend on the kind of procedure you are having. To stay safe:

- ☐ Please do not eat any solid food after 11:00 P.M. the night before your procedure **OR** 6 hours before your check-in time.
This includes alcohol, mints, gum, or candies.
- ☐ You are encouraged to drink **clear liquids up to 2 hours** before your scheduled check-in time. Clear liquids include water, glucose water, fruit juices **without** pulp (such as apple juice, grape juice), carbonated beverages, sports drinks, clear tea, and black coffee.
Clear liquids do not include alcohol, orange juice, broth, milk, coffee creamer, or infant formula.
- ☐ Patients with a diagnosis of **gastroparesis** or **prior aspiration under anesthesia should not have any food or drink** after 11:00 P.M. the night before their procedure **OR** 6 hours before their check-in time.

The Morning of Your Procedure

- ☐ Take your morning medications with a small sip of water, no food.
- ☐ Don't take any medications the morning of your procedure.

4 DRIVING, WHAT TO BRING & FAQs

Driving

A responsible adult should be available to drive you home. **You will not be allowed to drive yourself home or to take a taxi or rideshare service.** If you do not have a responsible adult available to drive you home, your procedure will be canceled.

Who can come with me?

- You may have 1 or 2 visitors (family members or friends over the age of 14) come with you.
- One family member should stay to get and write down any instructions from the care team.
- You will need a responsible adult to care for you the first 24 hours (1 day) after your procedure.

What should I bring with me?

Medication List

- ✓ Bring a current list of your medications with you to the hospital. The list should include all of the medications you take, how much you take, and how often you take them. Be sure to include all prescriptions, over-the-counter medicines (such as Tylenol, cough syrup, or allergy pills), patches, inhalers, vitamin supplements, and herbal remedies.

Allergy List

- ✓ Bring a list of any allergies you have. Please include the allergen (what you are allergic to) and how your body reacts to it.

What should I bring with me? (Continued)

- Cases for eyeglasses, contact lenses, or hearing aids. All personal belongings will remain with your family member during the procedure.
- Hormone replacement therapy, eye drops, or inhalers, if you use them.
- If you are staying overnight in the hospital bring a small bag with personal items only (toothbrush, toothpaste, floss, comb or brush, shaving kit, other toiletries).
- Cash or a credit card for your co-pays (depending on your insurance) and filling any prescriptions.
- The following documents: Photo ID (such as a driver's license), insurance card(s), Medicare and / or Medicaid cards, and a completed living will (if you have one).

Please, do not bring valuables.

Other specific instructions:

How should I get ready?


- Make sure your hair is dry before arriving at the hospital.
- Pull back long hair with an elastic band.
- Wear loose clothing that is easy to get off and on and will fit over a dressing.

What if I feel ill?

Tell your doctor if you develop any of the following:

- Fever
- Sore throat
- Nausea or vomiting
- Diarrhea
- Cough or congestion
- Chickenpox exposure/illness within 2 weeks of your procedure
- Any other problems that may interfere with your procedure

Talk with your doctor to learn more about the benefits, risks, and alternatives for your procedure. Be sure to ask any questions you might have.



5 KNOW THE RISKS

All procedures come with some risk of complications, such as infection, stroke, heart attack, and death. The risk of having a complication always depends on the health of the individual patient and the type of procedure they are having, so it's difficult to know the exact percentage of risk. Some approximate percentages of complications for some common procedures include:

Atrial fibrillation ablation

- Swelling, bruising, or bleeding at the access sites: Less than 4%
- Allergy or reaction to dye or anesthesia: 1%
- Cardiac perforation: 0.8%
- Injury to the esophagus: 0.1%
- Stroke: 0.1%
- Injury to a lung: 0.1%
- Pulmonary vein stenosis: 0.1%
- Death: 0.1%

Pacemaker and implantable cardioverter-defibrillator (ICD) implants:

- Lead dislodgement that may need a revision: 2%
- Infection at incision site: 1%
- Allergy or reaction to dye or anesthesia: 1%
- Swelling, bruising, or bleeding at the incision site: 1%
- Injury to a lung: 0.1%
- Cardiac perforation: 1%
- Death: 0.1%

Ventricular tachycardia ablations

- Swelling, bruising, or bleeding at the access sites: 4%
- Cardiac perforation: 1%
- Stroke: 0.5%
- Heart attack: 0.5%
- Worsening of heart failure: 0.5%
- Need for pacemaker: 0.1%
- Injury to a lung: 0.1%
- Death: 0.1%

Supraventricular tachycardia/atrial flutter ablations

- Swelling, bruising, or bleeding at the access sites: 2%
- Cardiac perforation: 0.5%
- Injury to a lung: 0.5%
- Need for pacemaker: 0.1%
- Death: 0.1%

Pacemaker or ICD lead extractions

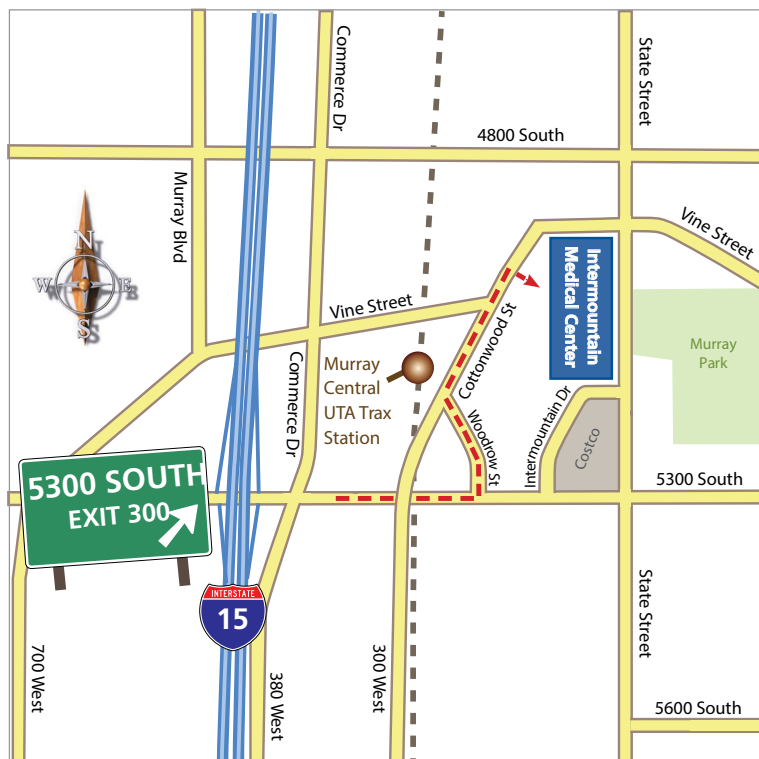
- Swelling, bruising, or bleeding at the incision site: 4%
- Infection: 2%
- Tear to a blood vessel that may require surgery: 1%
- Death: 0.1%

6 WHERE DO I GO?

Intermountain Medical Center
5121 S. Cottonwood Street, Murray, Utah
Building **4** (Heart & Lung)
Level 1

From I-15:

- Exit at 5300 South and head East
- Turn left on Woodrow Street (100 West)
- Bear right onto Cottonwood Street
- Turn right into hospital entrance





Parking & Valet

- Parking for building 4 is located on the west side of the hospital.
- Handicap parking is clearly marked and available near the entrance to each building.
- All entrances to the hospital are wheelchair accessible.
- A courtesy shuttle runs throughout the day. Locate the closest shuttle stop in the area where you are parked. Use the call button to request a shuttle.
- Valet parking is available at the entrance to building 4 between 8:00 A.M. and 3:00 P.M. To get your car after 3:00 P.M., dial “0” on any hospital phone. Valet parking is free and tips are not accepted.

Registration

- Upon arriving, please check in at Patient Registration on Level 1.



- | | |
|---|---|
| 1 South Office Building | 4 J. L. Sorenson Heart & Lung Center |
| 2 Eccles Outpatient Care Center | 5 J. L. Sorenson Patient Tower |
| 3 Jon & Karen Huntsman Cancer Center | 6 The Doty Family Education Center |

- For questions regarding procedure call office at 801-507-3513
- For questions regarding arrival time call 801-507-4100



- 7 Gardner Women & Newborn Center
- 8 Hartvigsen Breast Care Center
- 9 Simmons Emergency Center

QUESTIONS? CALL 801-507-3513



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**CARDIOVASCULAR PROCEDURE AND
RECOVERY UNIT**

5121 S. Cottonwood Street
Murray, Utah 84107
801-507-4701

intermountainheartinstitute.org

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