

PATIENT INSTRUCTIONS

# PREPARING FOR YOUR HEART PROCEDURE

CARDIAC PROCEDURE AND RECOVERY UNIT



	YOUR PROCEDURE
	Cardiac catheterization/Angiogram
	Transesophageal echocardiogram (TEE)
	Cardioversion
	Other:
	DATE
DATE	PROVIDER
	Arrival time to be determined
	Arrival time:

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

Arrival time:
To be determined

The procedure unit will call you after 3 PM 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 PM the day before your procedure. They make every effort to contact you to inform you of your arrival time by 4 PM the day before your procedure.
- If your procedure is scheduled for a Monday, the procedure unit will confirm your arrival time the previous Friday. If your procedure is scheduled the day after a holiday, the procedure unit will confirm your arrival time the previous business day.
- There will be no one available to answer your call between 7 PM and 6 AM.
- Your arrival time will be earlier than your procedure time. This allows enough 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 AM or later, please call the procedure unit 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 PM the business day before your procedure, call the procedure unit at 801-507-4100.

  Calling before 5 PM allows them to contact our 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. Please follow the instructions marked below, including all written details.

Asthma or lung inhalers  Use your asthma or other lung inhalers in the morning and be sure to bring them with you.				
For Cath Lab procedures:				
	Blood thinners (include aspirin in this section):			
	Diabetic medications:			
	Check your blood sugar before coming in.			

V	Only items that are checked apply to your procedure	<b>).</b>
	For Cath Lab procedures (continued):	
	☐ Diuretics and potassium:	
		_
		_
	For TEE or cardioversions:	
	☐ You must take your blood thinners the morning of your cardioversion.	of
	Continue taking your other medications as prescribed.	
	Other:	

- Only items that are checked apply to your procedure.
- **3** EATING AND DRINKING

## 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 6 hours before your check-in time.
  No gum, breath mints, chewing tobacco, vitamins, candies, or alcohol 6 hours before the procedure.
- 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, 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 P.M. the night before their procedure **OR** 6 hours before their check-in time.

### DRIVING, WHAT TO BRING, AND 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 older than 14 years) 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.

- 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, and a change of clothes).
- Oxygen or a CPAP machine, if you use them.
- Cash or a credit card for your co-pays (depending on your insurance) and 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?

Please notify the doctor's office if you develop any of the following:

- Fever (higher than 101° F or 38.3° C)
- 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

Notes:			

## 5 WHERE TO GO

#### Intermountain Medical Center

5121 S. Cottonwood Street, Murray, Utah

Building 4 (J.L. Sorenson Heart & Lung Center)

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





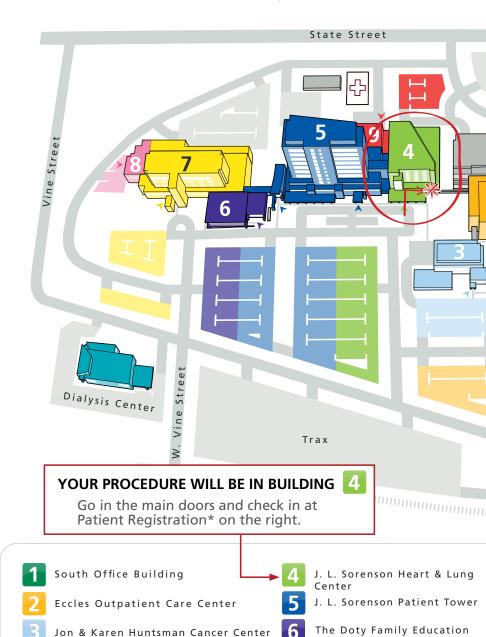
#### Parking and valet

- 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. Call 801-507-7000 to request a shuttle.
- Valet parking is available at the entrance to Building 4 between 8 A.M. and 3 P.M. To get your car after 3 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 (to the right).





- For questions regarding your procedure, call your provider's office
- For questions regarding arrival time, call 801-507-4100

Costco



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

Commerce Drive







## CARDIOVASCULAR PROCEDURE AND RECOVERY UNIT

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

intermountainheartinstitute.org

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