



Getting Ready for your Cardiac Catheterization Procedure

You are awaiting a Cardiac Catheterization (Coronary Angiogram/ Angioplasty/Stent)

- You will be contacted with your procedure date and admission time.
- **Check in** at the admitting desk through the main entrance of the Royal Jubilee Hospital (near the emergency department) located at 1952 Bay St., Victoria. Minimal short term parking spots are available at this entrance. Public parking is available in the parkade.

*Please note: **the time you are asked to check in is NOT your procedure time.**
We ask for your patience. Plan to be here for the day.

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY PRIOR TO YOUR PROCEDURE

NOTIFY YOUR CARDIOLOGIST OFFICE IMMEDIATELY IF YOU ARE UNABLE TO MAKE THESE ARRANGEMENTS AS THIS WILL DETERMINE IF YOU CAN HAVE YOUR PROCEDURE

- 1) You **MUST** HAVE A COMPETENT ADULT
 - **STAY WITH YOU OVERNIGHT** following the procedure – this is a requirement.
 - **PICK YOU UP** from the unit. (**unless taking island health transport**). UNDER NO CIRCUMSTANCES ARE YOU TO DRIVE HOME FOLLOWING THE PROCEDURE.
 - If taking Island Health pre-arranged transport by TAXI or shuttle, the driver is counted as your responsible adult and can hand you over to your overnight carer upon arrival home.

It is **strongly advised** that out of town patients **consider staying locally** the night of the procedure as extended observation or other testing is sometimes necessary after your procedure.

- 2) If you have been given a requisition for blood tests, these **MUST be completed no earlier than TWO WEEKS** prior to your procedure. If your doctor **has requested a chest x-ray** this **must be done within 6 months** prior to your procedure
- 3) You **MUST** bring **ALL** prescription/nonprescription medications (including insulins and other injectables, eye drops, inhalers, nasal sprays, topical preparations, vitamins, and supplements) in **ORIGINAL LABELLED** packaging including blister packs. Please do **NOT** bring 7 day/week dispensers (dosettes) instead. A list is not a substitute.

NOTIFY YOUR CARDIOLOGIST/SPECIALIST IF YOU ARE ALLERGIC TO ACETYSALICYLIC ACID (ASA, Aspirin) or IF YOU HAVE HAD A PREVIOUS X-RAY CONTRAST ALLERGY

The information on the following pages is also important. Please read carefully and ensure that you direct unanswered questions to your cardiologist, internist, or surgeon.

1) Pre-procedure Medications:

Your doctor **MAY** provide you with a prescription for an antiplatelet medication.

Please note: **Not all patients will be given a prescription, the office will let you know at the time your procedure is booked.**

All patients:

- **PLEASE TAKE ASPIRIN 81 MG ON THE MORNING OF YOUR PROCEDURE**
- If you are not already taking Aspirin daily, please ensure to also TAKE 160 MG OF ASPIRIN THE MORNING BEFORE PROCEDURE
- NOTIFY PHYSICIAN IF YOU ARE ALLERGIC TO ACETYLSALICYLIC ACID (ASA, ASPIRIN)

2) If you have Diabetes:

- **If you take Insulin**, you may have a light breakfast (e.g., piece of toast and fluids) the morning of your procedure
- You may be instructed to withhold your Metformin prior to your procedure
- If you wear a continuous glucose monitor the manufacturers state it can be worn under radiography. Blood glucose levels are measured by glucometer post procedure for diabetics on insulin and can confirm calibration of sensor. Please bring a replacement sensor to apply post procedure in case of reading inaccuracy.

3) If you are on an oral anticoagulant (sometimes referred to as a ‘blood thinner’):

If you are on an oral anticoagulant e.g. Apixaban (Eliquis), Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Edoxaban (Lixiana) or **Warfarin (Coumadin)** you **MAY** be required to temporarily stop this medication prior to the procedure. **IF** indicated, the cardiologist will provide specific information to you.

Please note: ORAL ANTICOAGULANTS are NOT the same as ANTIPLATELET medications.

NEVER STOP TAKING ANTIPLATELET MEDICATION – Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), or Acetylsalicylic Acid (ASA, Aspirin) unless instructed by your Cardiologist.

4) Day of Procedure:

PATIENT/ VISITOR INFORMATION

- Please go to the Main Entrance of the D&T (Diagnostic and Treatment) Centre of the Royal Jubilee Hospital (to the right of the emergency entrance)
- You are asked to arrive at least 10 minutes early to allow for check in. **YOU MUST STOP BY THE ADMISSION DESK AT THE MAIN ENTRANCE TO PICK UP YOUR ADMISSION PAPERWORK**
- You will be directed up to Cardiac Short Stay (CSS) on the third floor D&T tower after checking in
- Please take the elevators directly next to the admitting desk to the third floor
- Proceed ahead to CSS, call in on the phone beside the door and have a seat on the chairs. A staff member will collect your admission paperwork. This phone is **NOT** answered prior to 07:00 AM.
- Cardiac Short Stay (CSS) is a closed unit and **does not allow visitors** unless language barriers or cognitive difficulties exist (e.g., Alzheimer's) that would impede ability to communicate and receive important information before and after the procedure.
- Your ride will be contacted prior to discharge and pertinent information will be relayed to them as necessary.

5) Eating/Drinking:

- **No caffeinated drinks 24 hours before** the procedure (as these can interact with medications used during the procedure). Clear fluids are allowed at any point. Drink if you are thirsty.
- If your arrival time is scheduled **before 09:00 AM**, you may have **fluids only (except for decaffeinated drinks)**
- If your arrival time is **09:00 AM** or later, you may have a **light breakfast** (e.g. toast) with fluids **(except for caffeinated drinks)**
- If you are **diabetic**, you may eat a light breakfast regardless of your procedure time

6) What to bring to hospital:

- BC Care Card or ID
- A translator if you do not speak English
- **All prescription and non-prescription medications (including insulin and other injectables, eye drops, inhalers, topical preparations, vitamins & supplements) in original labeled packaging (pill bottles or blister packs). Please do NOT bring 7 day/week dispensers (dosettes) instead. A list is not a substitute**
- You are permitted to bring your cell phone, iPad, or book. ****Please note there is Wi-Fi within the hospital****
- It is strongly recommended that you bring something to help pass time whilst waiting for your procedure. Leave hearing aids in place and avoid bringing valuables
- **Please do not wear scented products, i.e., cologne, perfume, lotions, or essential oils**

What is an Angiogram/Angioplasty/Stent Insertion and what should I expect?

The Cardiac Catheterization (angiogram) procedure utilizes x-ray to visualize your coronary arteries, which supply blood to the heart muscle. The test is performed in the Heart Catheterization Lab. A light sedative may be used but **you WILL BE AWAKE for the procedure**. The majority of procedures are done through the radial artery (wrist); less frequently your physician may recommend using the femoral artery (groin). Local anesthetic (freezing) is used, a small puncture made in the skin allowing passage of a small tube into the artery. If an angioplasty/stenting is indicated it most often proceeds following the angiogram. Once the procedure is completed a tight bracelet device will be temporarily applied to your wrist to prevent bleeding. If femoral (groin access) has been used, an internal closure device (collagen plug/internal suture) is often used to close the artery puncture site. Procedure and recovery time will vary depending on several factors. You will likely spend several hours in recovery so please plan to be on the unit for most of the day.

7) Resources:

****If you have further questions please contact your cardiologist's, internist's, or surgeon's office***

- ***PULSE Complete Cardiac Care 250-595-1551***
- ***Westheart Cardiology 250-595-3111***
- ***Heart Function Clinic - Victoria 250-519-1601 or Nanaimo 250-740-6989***
- ***Transplant Clinic 250-519-1734***
- ***CVT Surgeons 250-595-1833***
- ***Cardiac Short Stay Unit Main Desk: 250-370-8797 – direct all questions regarding your procedure appointment to your booking doctor (the unit does not have this information)***

****Island Health learning website: <https://www.islandhealth.ca/learn-about-health/heart-health/heart-disease-heart-problems> Scroll down to 'Catheterization procedures'***

Local accommodation:

- **Victoria Heart House** - bed & breakfast accommodation operated by the Heart & Stroke Foundation of BC which also provides support, encouragement and information to patients and families needing cardiac care. Phone: (250) 595-1931 or email: vhh@shaw.ca or website: <https://www.fohs.ca/victoria-heart-house>
- For hotel accommodation ask if medical discount is offered

Transportation for out-of-town patients:

- Wheels for Wellness service is no longer operating.
- **Island Health Transport help desk 1-844-940-6617** – available 24/7 for transport requests or questions (72 hrs. notice required) **OR** Email requests PatientTransportation@islandhealth.ca Monday-Friday 8:00am -4:00pm **OR** visit Island Health's internet page and search **Patient Transportation**