



## Patient Procedure Instructions- Heart Catheterization

**Hospital:** INOVA Fairfax Hospital, Heart and Vascular Institute

**Address of the hospital:** 3300 Gallows Road, Falls Church, VA 22042

- Please arrange for transportation. You will need a driver to go home. **YOU WILL NOT BE ALLOWED TO LEAVE IN AN UBER, TAXI, OR ANY OTHER RIDESHARE SERVICE.**
- Please pack an “overnight” bag and be prepared to stay overnight if needed.
- **Do not eat or drink anything after midnight before your procedure**, which includes water, ice chips, mints, candy and gum. You may brush your teeth prior. Please take your medications with small sips of water.

### Medication Instructions:

- Hold Coumadin 3 days prior to the procedure
- Hold Pradaxa 2 days prior to the procedure
- Hold Xarelto 2 days prior to the procedure
- Hold Eliquis 2 days prior to the procedure
- Hold Metformin (Glucophage) or any diabetic medications that contains Metformin the night before your procedure and for two days after the procedure
- Hold Lasix the morning of procedure
- Hold Invokana, Invokamet, Farxiga, Xigduo XR, Jardiance, Glyxambi, Synjardy for 3 days prior to the procedure
- Hold Ertugliflozin for 4 days prior to the procedure
- If you take: Dulaglutide (Trulicity), Exenatide IR (Byetta), Exenatide ER (Bydureon BCise), Liraglutide (Victoza or Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Wegovy, Rybelsus), and Tirzepatide (Mounjaro) . Continue to take these medications, but you must be on a CLEAR LIQUID DIET 24 HOURS BEFORE THE PROCEDURE

If you are diabetic, please do not take your diabetic medications on the morning of the procedure. If you take insulin, then inject ½ of the dose on the morning of the procedure.

**Other medication instructions:** If you take aspirin or Plavix, please continue. We ask that you either take four 81mg Aspirin, or one 325mg Aspirin the morning of the procedure.

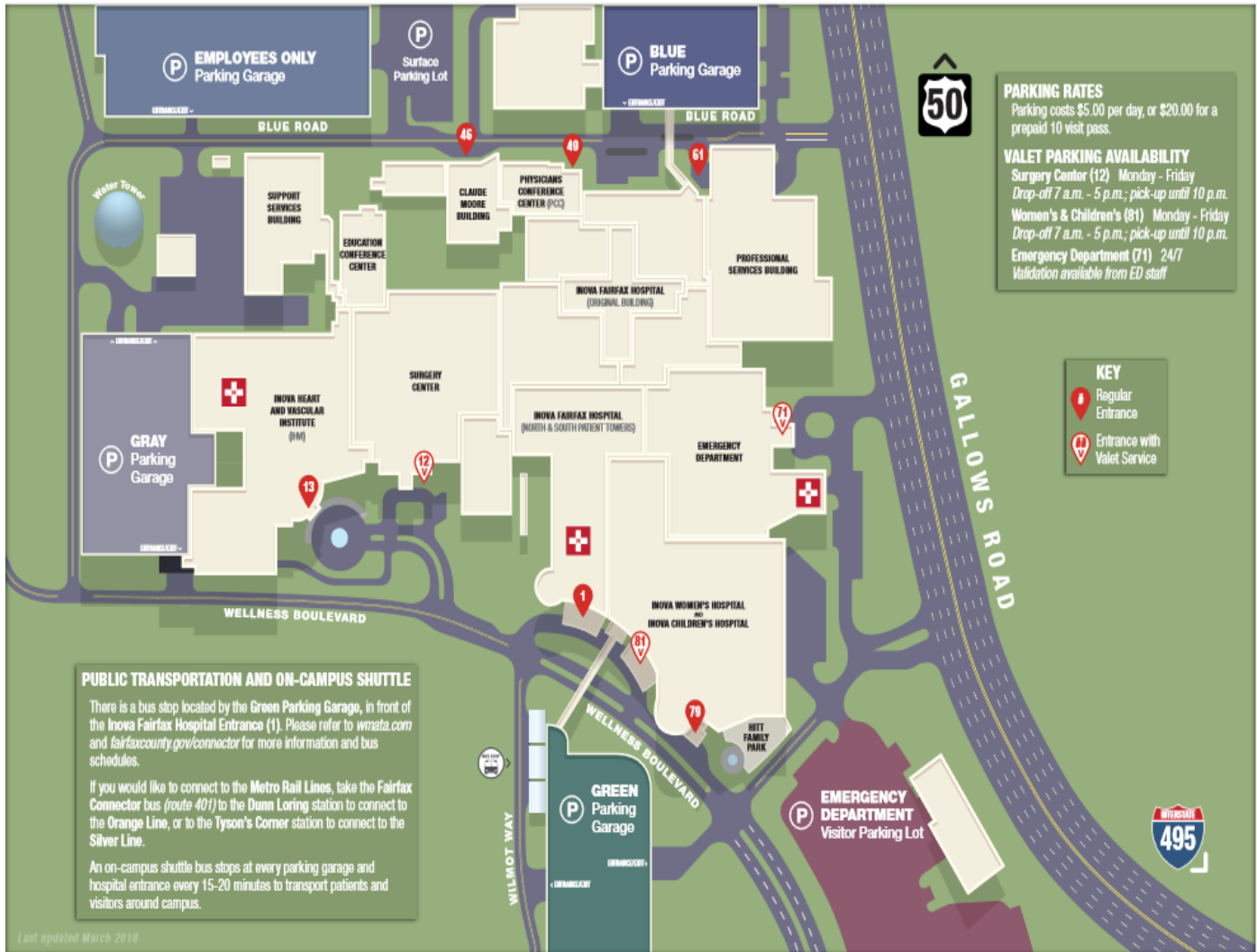
### If you have an allergy to Iodine, please take the following medications to suppress the allergy response:

- Prednisone 60 mg every 8 hours orally, starting the day prior to the procedure (2 doses) and taking the last dose the day of (a prescription will be sent to your pharmacy)
- Pepcid 20 mg twice orally, the day prior to the procedure and morning of
- A dose of Benadryl will be given at the hospital prior to the procedure

**Bloodwork:** Labs are only good for 14 days. We prefer for labs to be done at a LabCorp, Quest, Sunrise, or local hospital. Bloodwork is non-fasting; you may eat the day of your bloodwork.

Your cardiac catheterization will be scheduled with our partner team at Carient Heart. They will provide you with the date of the procedure, the expected arrival time, and the name of the physician. If you have any questions, **please call:**

**(571) 581-1771 ext 1102**



### Patient Entrance & Parking

Enter Inova Fairfax Medical Campus from Woodburn Road onto Wellness Blvd. Pass Inova Fairfax Hospital, the Surgical Center and Inova Heart and Vascular Institute on your right. Enter the **Gray** garage and park. Take the elevator to **Level G**. Enter the building on the ground floor and proceed down the hall to the **Cardiac Cath Lab/EP Lab Check-in desk**.

Please remember to bring insurance card(s) & photo ID.





## Cardiac Catheterization

A **cardiac catheterization** also known as a cath or coronary angiogram is a special x-ray test. It's done to find out if a patient's coronary arteries are blocked or narrowed, where and by how much.

Caths are performed at a cath lab at the hospital. During a cath a patient lies down on a table and has a light sedation. Then the doctor makes a small incision in the groin or wrist and inserts a thin tube (the cath) into an artery up to the heart. The patient is injected with iodine so the arteries will show up on x-ray and images are taken.

A cath helps a doctor determine what treatment is necessary such as a stent or even medical therapy.

### Different interventional procedures:

A **stent** (also known as a PCI-Percutaneous Coronary Intervention) is a tiny metal mesh tube device that is placed in the artery to hold it open to restore blood flow.

A stent can be placed the same time as the cath, if the artery is severely clogged. Or the patient will have to come back for a staged intervention.

A **Balloon Valvuloplasty (BAV)** uses a cath with a balloon to widen a stiff or narrowed heart valve to improve blood flow through the heart and to the rest of the body.

**Chronic Total Occlusion (CTO)** when a patient has a complete or almost complete blockage of the coronary artery. So the physician will go in and widen them using catheters.