AMELIA HEART & VASCULAR CENTER

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Patient Procedure Instructions- Heart Catheterization

Procedure location (as scheduled):
Alexandria Hospital: 4320 Seminary Road, Alexandria, VA 22304
Fairfax 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, including 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 before the procedure
- Hold Pradaxa 2 days before the procedure
- Hold Xarelto 2 days before the procedure
- Hold Eliquis 2 days before the procedure
- Hold Metformin (Glucophage) or any diabetic medications that contain Metformin the night before your procedure and for two days after the procedure
- Hold Lasix the morning of the procedure
- Hold Dulaglutide (Trulicity), Exenatide IR (Byetta), Exenatide ER (Bydureon BCise), Liraglutide (Victoza or Saxenda), Lixisenatide (Adlyxin), Semaglutide (Ozempic, Wegovy, Rybelsus), and Tirzepatide (Mounjaro) for 7 days prior to the procedure
- Hold Invokana, Invokamet, Farxiga, Xigduo XR, Jardiance, Glyxambi and Synjardy for 3 days prior to the procedure
- Hold Ertugliflozin for 4 days before the procedure

If you are diabetic, please do not take your diabetic medications on the morning of the procedure. If you take insulin, inject half of the dose in 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 allergic response:

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

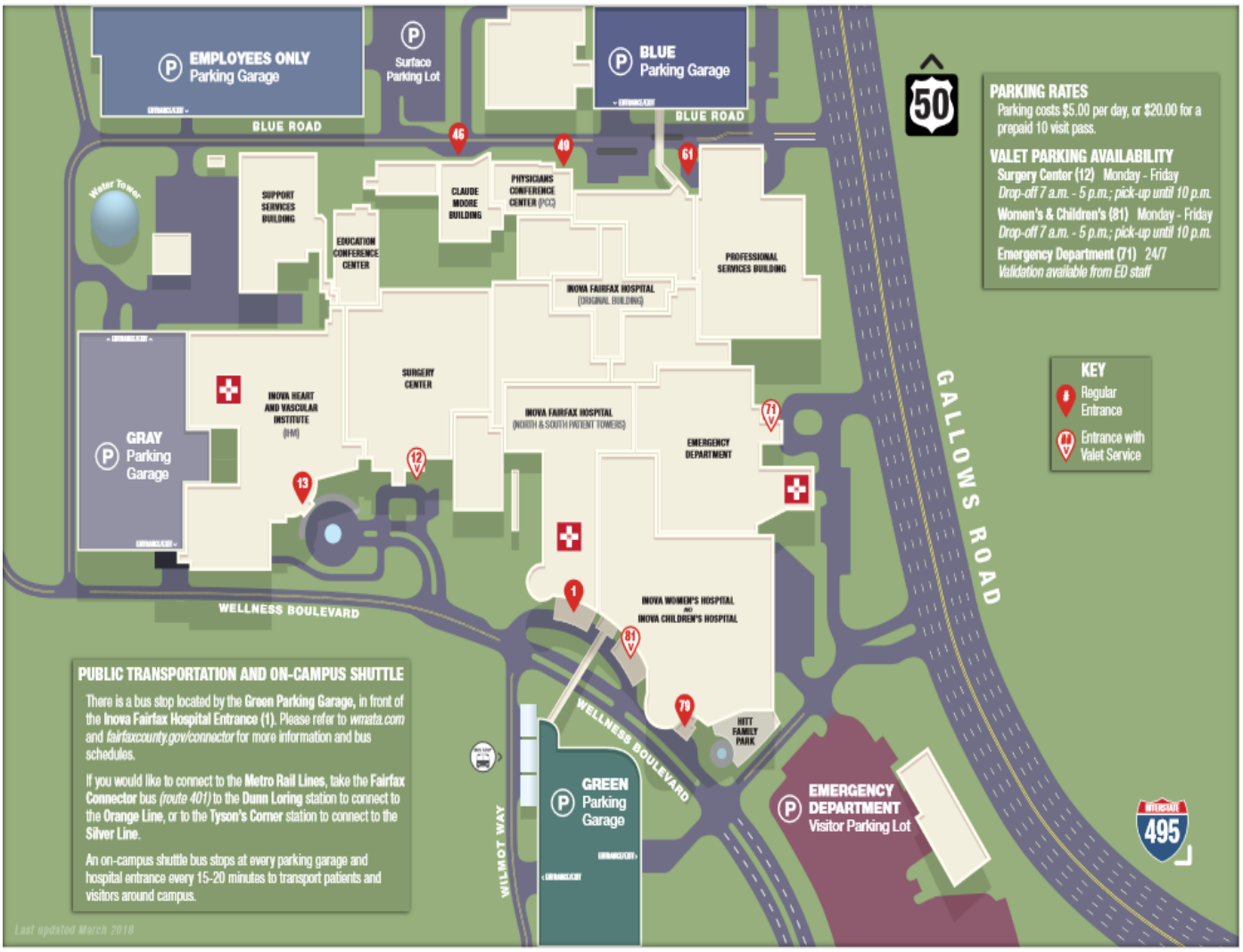
Bloodwork: Labs are only good for 14 days. We prefer for labs to be done at a LabCorp, Quest, Sunrise, or local hospital. Bloodwork is non-fasting; you may eat the day of your bloodwork.

Your cardiac catheterization will be scheduled with our partner team at **Inova Schar Heart and Vascular**

Questions? Call 571-472-2900 and ask to speak with the hospital schedulers. The call center will connect you to an available hospital scheduler.

INOVA
Fairfax Medical Campus

3300 Gallows Road, Falls Church, Virginia 22042



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 is 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-rays, 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 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 at 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 and improve blood flow through the heart and to the rest of the body.

A Chronic Total Occlusion (CTO) occurs 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.