AMELIA HEART
& VASCULAR CENTER

Patient Procedure Instructions- Heart Catheterization

Hospital: VHC Health

Address of the hospital: **1625 N George Mason Dr, Arlington VA 22205**

- 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 diuretics including Lasix (furosemide), sprinolactone, and hydrochlorothiazide the morning of 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 (Canagliflozin), Farxiga (Dapagliflozin), Xigduo XR, Jardiance, Glyxambi, Synjardy for 3 days prior to the procedure
- Hold Ertugliflozin for 4 days prior to 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.

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.

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

Park in Parking Garage A (associated with Zone A at 1625 N. George Mason Dr, Arlington, VA) or the Green Parking Garage (Zone C), as the Cath Lab is located on the 1st floor of the Main Hospital (Zone A).

Updated 2/20/24

Cardiac Catheterization

A **cardiac catherization** also known is a cath or coronary angiogram is a special x tray 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 xray 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 invention.

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.

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UNDERSTANDING

CARDIAC CATHETERIZATION

INFORMATION THAT WILL HELP YOU STAY HEALTHY

WHAT IS CARDIAC CATHETERIZATION?

Cardiac catheterization is a test that shows if there are problems within your heart or if any of the arteries that supply your heart with blood are blocked.

In this test, a tube called a **catheter** is inserted into an artery and guided to the heart. A special dye (which is visible by X-ray) is injected through the catheter. Cardiac catheterization can show how well the heart is pumping, if any of the coronary arteries are blocked, if the heart valves are working properly, if you were born with a heart defect, or if the heart has been damaged by disease.

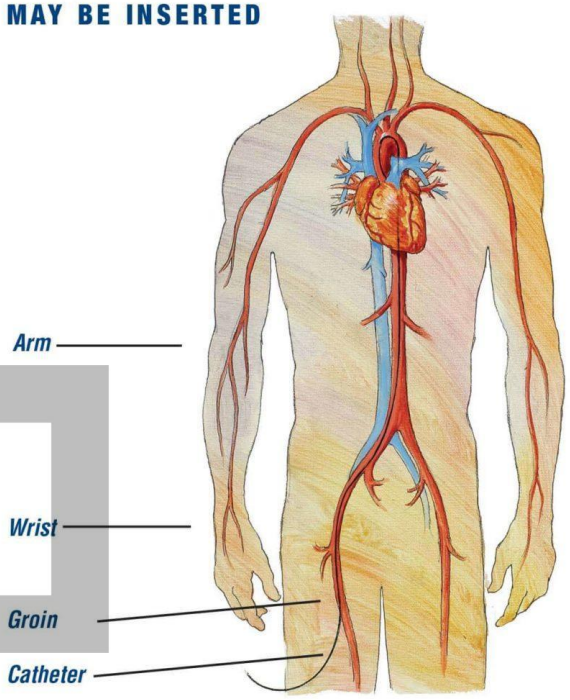
BEFORE THE PROCEDURE

Since X-ray dye contains iodine, it is important to report allergies to shellfish (which contain iodine) and X-ray dye. If you are allergic to iodine, you may be given medication to prevent a reaction. Tell your doctor if you are pregnant or are taking aspirin or blood thinners. Do not eat or drink anything for 6 to 8 hours before the test. The area where the catheter is inserted may be cleaned and shaved. You may be given medication to help you relax.

This test is done in a special area of the hospital or outpatient center. In this area you will see an X-ray camera and monitors that look like TV screens. These monitors let your doctor see your arteries and your heart as the test is being done. ECG pads may be placed on your body to check your heart.

The area where the catheter will be inserted is numbed. A small opening is made in the artery in this area. A small tube called an **introducer sheath** will be placed in the artery. The catheter passes through the sheath and is guided to your heart.

AREAS WHERE THE CATHETER MAY BE INSERTED

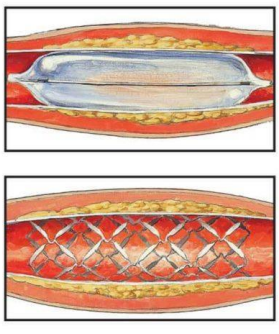


X-ray dye is injected through the catheter. As the dye is injected you may feel warm or light-headed for a few seconds. After reviewing the X-rays, your doctor may decide that a nonsurgical procedure, such as a stent, or bypass surgery may be needed to improve blood flow.

Angioplasty. Balloon-tipped catheter presses fatty deposits against artery walls leaving a wider opening for blood flow.

Stent. Stent (mesh device) is placed in the artery to keep it open so more blood can get to the heart.

Bypass surgery. A blood vessel from another part of the body is used to bypass the blocked artery so more blood can get to the heart.



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