

Instructions and Checklist for Your Heart Procedure



Allina Health

3 Days Before Your Procedure

- ❑ If you take warfarin (Jantoven®): have your INR checked with your local clinic or provider who manages your medicine.
 - If your INR is 3.0 or higher:
 - Call the Allina Health Minneapolis Heart Institute — Minneapolis at 612-863-3900 with the results. You will receive directions.
 - If your INR is less than 3.0:
 - Do not stop taking your warfarin.
- ❑ If you take medicine to prevent blood clots such as dabigatran (Pradaxa®), apixaban (Eliquis®), rivaroxaban (Xarelto®) or edoxaban (Savaysa®):
 - Ask your cardiology provider when to stop taking these medicines before your procedure.
- ❑ If you take insulin, non-insulin injectable medicines, or if you have an insulin pump:
 - Call your primary care provider or specialist who manages your diabetes for instructions before your procedure.

Food and Liquid Directions Before Surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
 - Eat light meals such as oatmeal or toast.
 - Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt, energy drinks or alcohol.

Medicines

- Take your medicines as directed with a small sip of water.
 - Talk with your cardiologist if you have diabetes or if you take warfarin (Jantoven[®]).

1 Day Before Your Procedure

- ❑ Arrange to have a responsible adult drive you to and from your procedure. This person will need to stay with you for 24 hours after your procedure.

You may take a taxi, bus, ride-sharing service or other public transportation if you have a responsible adult with you.

- You will be given medicine (anesthesia, sedation or both) to make you sleepy. This will affect your ability to think clearly and make good decisions.
 - You will need to be admitted on “observation status” if you do not have someone to drive you home or stay with you for 24 hours after your procedure. This will cost you extra money.
- ❑ Bring an overnight bag with you.
 - Include any personal items you would like.
 - You may need to stay overnight in the hospital. (This will depend on your procedure.)

Day of Your Procedure

- ❑ Bring a list of all prescription medicines, over-the-counter medicines, herbals and vitamins you are currently taking with you to the hospital. Include:
 - the dose listed on the bottle
 - how often you take the medicine such as two times each day, one time at bedtime or every 4 hours.
- ❑ Leave all valuables (including jewelry and money) at home.
 - Have a member of your care circle (family member or friend) hold on to your wallet, purse, phone or other devices.
- ❑ Remove fingernail polish.
 - Nail polish may interfere with pulse oximetry reading during and after your procedure.
 - A pulse oximeter probe is placed on your finger or thumb to measure the oxygen level in your blood when you are sleepy from the sedation.

- ❑ Plan to spend up to 14 hours at the hospital.
 - **Your procedure time may be delayed if someone else needs an emergency procedure.**
 - You and members of your care circle will receive updates on your procedure time.
 - Thank you for your patience and understanding.

Medicine Instructions the Morning of Your Procedure

- ❑ Take your usual morning medicines with water unless listed below.
- ❑ Take 1 full-strength aspirin (325 mg) **or** 4 low-dose or baby aspirin (81 mg) the morning of your procedure.

If you take:

- ❑ Medicines to keep your platelets or blood slippery, including clopidogrel (Plavix[®]), prasugrel (Effient[®]) or ticagrelor (Brillinta[®]):
 - Take these medicines the morning of your procedure.
- ❑ Medicines to remove fluid (diuretics or “water pills”) including furosemide (Lasix[®]), torsemide (Demadex[®]), bumetanide (Bumex[®]), hydrochlorothiazide (HCTZ), chlorthalidone and triamterine/HCTZ:
 - Do not take this medicine the morning of your procedure.

- ❑ Medicines to prevent blood clots:
 - Take warfarin (Jantoven[®]) depending on your INR results. (See page 1.)
 - Do not take dabigatran (Pradaxa[®]), apixaban (Eliquis[®]), rivaroxaban (Xarelto[®]) or edoxaban (Savaysa[®]).
- ❑ Medicines for diabetes:
 - Pills: do not take the morning of your procedure.
 - Insulin, non-insulin injectable medicines or both: Follow the instructions you received from your primary care or dosing provider about any changes you need to make for your procedure.
 - If you have an insulin pump, bring extra pump supplies with you to the hospital. Follow the instructions you received from your primary care or dosing provider about any changes you need to make for your procedure.
- ❑ Medicines for erectile dysfunction:
 - Stop taking tadalafil (Cialis[®]) 2 days (48 hours) before your procedure.
 - Stop taking sildenafil (Viagra[®]) or vardenafil (Levitra[®]) 1 day (24 hours) before your procedure.
 - If you take sildenafil (Revatio[®]) to treat high blood pressure in your lungs (pulmonary hypertension), you may take this medicine.

❑ Medicines for high blood pressure:

— You may take your blood pressure medicine unless it is one of the following:

- ACE inhibitors or angiotensin receptor blockers (ARBs):
 - ◆ lisinopril (Prinivil® and Zestril®)
 - ◆ benazepril (Lotensin®)
 - ◆ captopril (Capoten®)
 - ◆ enalapril (Vasotec®)
 - ◆ fosinopril (Monopril®)
 - ◆ moexipril (Univasc®)
 - ◆ perindopril (Aceon®)
 - ◆ quinapril (Accupril®)
 - ◆ ramipril (Altace®)
 - ◆ trandolapril (Mavik®)
 - ◆ valsartan (Diovan®)
 - ◆ losartan (Cozaar®)
 - ◆ candesartan (Atacand®)
 - ◆ azilsartan (Edarbi®)
 - ◆ eprosartan (Teveten®)
 - ◆ irbesartan (Avapro®)
 - ◆ telmisartan (Micardis®)
 - ◆ olmesartan (Benicar®).

Other medicines:

- Do not take non-aspirin NSAID medicine such as naproxen (Aleve[®] or Naprosyn[®]) or ibuprofen (Advil[®] or Motrin[®]) the day before or the day of your procedure.
- You may take acetaminophen (Tylenol[®]) as needed. Do not take more than 4,000 mg (milligrams) each day. Check other medicines you take to see if they have acetaminophen in them.

Special Instructions

If you have a reaction to IV (intravenous) contrast or if you have had a rash, hives, itching or breathing problems after receiving IV contrast:

- You will need to take medicine to prevent a reaction.
 - Call your cardiology provider as soon as possible if you did not tell someone when your heart procedure was scheduled.
- You will receive a prescription for prednisone.
 - Take 60 mg by mouth the night before **and** the morning of your procedure.
 - Depending on the tablet size, one dose may be many pills.

If you have kidney problems:

- ❑ Contrast may be used during your procedure.
 - Your kidneys have to work hard to get the contrast out of your body after the procedure. This may take up to 3 days.
- ❑ Drink 4 to 6 eight-ounce glasses of water.
 - Drinking lots of water will help your kidneys deal with the extra work of removing contrast from your body after the procedure.
- ❑ After your procedure:
 - You will have a blood test to check how well your kidneys are working.
 - This test is done by your primary care provider 5 to 7 days after your procedure to make sure your kidneys did not have problems removing the contrast.
 - Follow your After Visit Summary.
 - Keep all follow-up appointments, even if you feel well.



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