

# Before Your Angiogram Procedure: What You Need To Know

## What to Talk About With Your Doctor Before Your Procedure

Before your procedure, please talk with your doctor about the following:

- If you take warfarin (Coumadin®), you may be asked to stop taking it 3 days before your procedure. You should take your last dose as directed by your doctor.
- If you have diabetes, do not take your oral medicine or insulin the morning of your procedure unless you are given other instructions by your doctor.
- Tell your doctor if you have allergies to seafood, iodine or contrast.
- Tell your doctor if you have a history of kidney problems that may need special attention.
- A registered nurse from the hospital will try to call you before your procedure to answer any questions you have and review information about your care.

## 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 (Coumadin® or Jantoven®).

### Day of Procedure

- Bring all of your prescription medicines in their original bottles and containers. Please include over-the-counter medicines, vitamins, herbal or alternative medicines you are taking.
- If you have diabetes and you use a glucometer, check your blood glucose before leaving home and give your results to a staff member at the cardiovascular outpatient unit when you arrive at the hospital.

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- Do not wear fingernail polish. It can interfere with some of the equipment.
- Plan to spend about 10 to 14 hours at the hospital. You may need to stay overnight. Please bring an overnight bag with you and leave it in the car.
- Arrange to have someone drive you home. You may receive sedation, which could impair your judgment. If that happens, you will not be able to drive for 24 to 48 hours.
- Please leave your valuables (including jewelry and money) at home. The hospital is not responsible for lost valuables.
- If you wear dentures, glasses or a hearing aid, you may wear them during the procedure.

### Before the Procedure at the Hospital

- Please note that your procedure time is not exact. This is because of emergency procedures and longer than expected scheduled procedures.
- During the preparation phase, your family and friends will be asked to stay in the family waiting room. After the first prep phase, they may stay with you until the procedure starts.
- A member of the research studies staff may ask you for permission to enter a research study. This person will give you details about the study.

### After the Procedure at the Hospital

- The cardiologist who performs your procedure may not be the cardiologist who will care for you during your stay.
- The cardiologist who performed the procedure will give you and your family the results of the procedure. Later in the day, the cardiologist who cares for you will talk about the results and treatment plan.

- If you need to stay in the hospital overnight and your family and/or friends wish to stay too, one option is the Sheraton Minneapolis Midtown Hotel, 2901 Chicago Ave. S., 612-821-7600 or 1-877-508-0123. The hotel is located next to Abbott Northwestern Hospital.

### Leaving the Hospital (Discharge)

- The cardiologist will determine the recovery time after your procedure. If you leave the hospital the same day you will need to have someone drive you home and stay with you overnight.
- When you leave the hospital, you will receive instructions about your diet, medicines, activity level, incision care, return to work, and follow-up appointments.
- The sedation you received before your procedure may make you sleepy or dizzy. Because of this, you should not do the following for 24 hours after the procedure:
  - operate a motor vehicle or machines (24 to 48 hours)
  - drink alcoholic beverages
  - make any critical decisions or sign important documents until you have fully recovered.

If you have any questions or concerns, please call 612-775-3130 (CV Prep/Recovery) or 612-863-3900 (Minneapolis Heart Institute® Clinic).