



Pre-Cath Instructions

Note: Please arrive **2 hours prior** and arrange for someone to drive you **to and from** the procedure. Be prepared for an overnight stay in a hospital (if needed)

3 to 5 days before	<ul style="list-style-type: none"> • If you take Pradaxa (dabigatran), Xarelto (rivaroxaban), OR Eliquis (apixaban) please STOP TAKING THEM 3 DAYS BEFORE your procedure • If you take Coumadin (warfarin), please STOP TAKING IT 5 DAYS BEFORE your procedure
24 hours before	<ul style="list-style-type: none"> • DO NOT smoke • DO NOT eat or drink anything that contains caffeine (coffee, tea, chocolate, sodas, energy drinks, some pain relievers, noncaffeinated, decaffeinated, and caffeine-free products)
Night before	<ul style="list-style-type: none"> • DO NOT eat or drink anything after midnight for morning appointments. If your procedure is scheduled late in the afternoon, you must not have anything to eat or drink for at least 8 hours prior.
Morning of appointment	<ul style="list-style-type: none"> • If you take Aspirin, Plavix (clopidogrel), Brilinta (ticagrelor), or Effient (prasugrel) you will remain on these medications. • DO NOT take Beta Blockers ex: Sectral (Acebutolol), Tenormin (Atenolol), Zebeta (Bisoprolol), Lopressor & Toprol XL (Metoprolol), Corgard (Nadolol), Coreg (Carvedilol), Bystolic (Nebivolol), Inderal & InnoPran XL (Propranolol) • DO NOT take diuretics (water pills) or diabetic medications unless instructed by your physician • Wear loose-fitting comfortable clothing: 2 piece and sneakers NO jumpsuits, overalls, or one-piece dresses • Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need complete medication names & dosages. Please do not assume the doctor's office has your most updated list. <ul style="list-style-type: none"> ○ Sometimes blood pressure medications are combination meds which may include a diuretic. If you have any doubts or are unsure which medications you should take, bring everything with you and we can help you decide which meds to take.

- If you use an inhaler, please bring it with you to your appointment
- Please inform your cardiologist if:
 - You are allergic to latex or rubber products, X-ray dye, iodine, or shellfish
 - You have any previous reactions to contrast or X-ray dyes
 - You are pregnant or think you may be pregnant
 - You have diabetes or asthma

* If you have any further questions or concerns, please call **214-947-0580** *



Post-Cath Instructions

Driving

- Please make sure to have someone to drive you home after the procedure for you to be discharged.
- If you are traveling by car, please make sure to stop and walk for 5 to 10 minutes after every 1 hour of your journey. If you are traveling by a plane, please be sure to stand up, walk for 5 to 10 minutes down the aisle, and stretch after every 1 hour.
- In some cases, it is necessary to stay overnight so please be prepared. Have someone to drive you home after being discharged.

Activity

- **Drink plenty of fluids for the next 48 hours** after the procedure to flush out the dyes.
- **DO NOT** lift anything heavier than 5 pounds for 7-10 days. (Nothing heavier than a gallon jug of milk.)
- No driving or operating heavy machinery for 2 days. No important decision making for 2 days.
- No sexual activity for 7 days.

Wound Care

- You may shower 24 hours after the procedure. At this time you may remove the bandage from the cauterization site.
- Clean site with soap and water **ONLY** daily for 7 days.
- No lotions, powders, ointments, or creams to the site for 7 days.
- Cover area with a Band-Aid daily for 7 days.
- For groin access: no tub bath, hot tub, or swimming pool for 7 days.
- For wrist access: do not submerge site in water of any kind for 7 days.

Medications

- Take all medications as instructed by the doctor.
- If you take Metformin for diabetes, do not take this medication for 48 hours following your procedure.
- If you take Plavix (clopidogrel), Brilinta (ticagrelor), or Effient (prasugrel): **DO NOT** stop this medication without talking to the cardiologist first. If you are unable to afford your medication, please contact the cardiologist.



Elite Cardiovascular Group
Dr. Nalluri & Dr. Asti

Possible complications and actions to take

- If the site oozes blood, lie down and apply pressure slightly above the site for 15-20 minutes. If the site continues to bleed, please go to the nearest emergency room.
- Call your cardiologist if you notice any increased swelling, tenderness, severe bruising, shooting pain, numbness or tingling of the site.
- Call 911:
 - If you have severe bleeding, lie flat, apply pressure slightly above the site, and have someone call 911.
 - If you have any chest pain, discomfort, or have any fainting episodes.

Follow Up

- Dr. Nalluri or Dr. Asti will discuss the results with you and will follow up in 1 to 2 weeks.
- You can call our office at **972-572-1600** or schedule an appointment online at www.elitecardiovascular.com