

# Cardiology & Arrhythmia Consultants, Inc.

## Medical Tower Building

400 Gresham Drive Suite 507, Norfolk VA 23507

Phone: (757) 624-1788 Facsimile: (757) 624-1784

### INSTRUCTIONS FOR CATH PROCEDURE

**Question:** What do I do about my medications?

**Answer:** Please take your heart and or blood pressure medications in the A.M. with small sips of water. Do not stop aspirin or Plavix!

If you are on *Coumadin* stop taking it 5 days before the procedure.

**Question:** Am I able to eat?

**Answer:** Nothing to eat or drink after 12 midnight the night before the procedure. If you have an afternoon procedure, you may have a very light breakfast. Please **DO NOT** have anything to eat or drink 6 hours before the procedure.

*Example of light breakfast (1 piece of toast and half a glass of juice)*

**DIABETIC INFORMATION:** If you are Diabetic, you may **ONLY** take 1/2 your regular dose of insulin and/or pills. If you take *Glucophage* or *Glucovance*, **DO NOT** take your medication the day of the procedure, also discontinue for 2 days after the procedure.

**MORNING PREPARATION:** After taking your shower in the morning, **DO NOT** use any body creams or lotions. You may only use underarm Deodorant.

Please report to the hospital **2 hours** before your scheduled procedure.

**Hospital:** Heart Hospital    **Location:** 2<sup>nd</sup> Floor Admitting

If you have any questions, call the office at (757) 624-1788 between the hours of 9:00 a.m. and 5:00 p.m.

Date of Cath: \_\_\_\_\_

Time of Cath: \_\_\_\_\_

Have Blood Work Completed By: \_\_\_\_\_

**Please make accommodations for someone to drive you home after the procedure!**