

Pre-Operative Instructions

Angiography

Preparing for your Procedure

- Complete any tests that have been ordered by your physician prior to your procedure date.
- Fax/email list of current medications to 408-871-2377.
- Arrange for an adult to drive you home after your procedure. If you do not have a responsible adult to drive you home, your procedure may be cancelled. For your safety, we recommend that you have someone to stay with you for 24 hours after your procedure.
- Do not eat or drink after midnight the day before your procedure, unless instructed differently by your doctor.
- Do not smoke, as this hinders circulation, breathing and healing.

Medications

- Fax or email a list of your current medications to 408-871-2377 or info@southbayvascular.com.
- If you do not know what medications you are taking, please bring a bag of the current medications you are taking to the procedure.
- Ask your doctor if and when you should stop taking medications that are used to thin your blood such as: Aspirin, Coumadin, Plavix, Pradaxa or Eliquis.
- If you take insulin, please bring it with you on the day of the procedure.

Day of your Procedure

- Your prompt arrival is important in order to give our staff enough time to get you ready for your procedure. If you foresee a problem with arriving on time, please call 408-376-3626.
- Parking is available in the parking area in front or underneath the building.
- Please bring something to read or do. Procedure times are estimated only. Your actual procedure time may vary. Please plan to spend at least half an hour after your procedure. If you have a procedure in which an artery is accessed, you need to lie flat for 4 hours after the procedure to make sure that you do not bleed. Discuss this with your Doctor prior to arrival.

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- Please leave any valuables or jewelry (e.g. watches, rings, earrings) that you would not want lost/misplaced either at home or with your family member. We recommend that you only bring essential items such as glasses, dentures, hearing aids, canes, walkers or wheelchairs to our facility.
- Wear comfortable, loose-fitting clothing and low-heeled shoes.
- Moderate sedation will be given to you during your procedure. Moderate sedation is the administration of medications to help you relax and decrease pain. These medications may be given to you either by pill form, intravenously, or both. The nurse will start an IV in your arm prior to the procedure. During the procedure, you will be awake and able to respond to our instructions. The medications will cause you to feel sleepy and decrease the pain of the procedure. Do not drive, operate heavy machinery, or make any legal decisions for 24 hours following your procedure. We strongly advise you to have direct supervision by a responsible adult for 24 hours following your procedure.
- During your time in recovery, your nurse will give you and your family member written instructions to follow after your procedure. Please ask questions regarding your follow-up care at this time.

Safety During your Procedure

- **INFORMED CONSENT:** Your doctor will explain the risks, benefits and alternatives for your procedure. You will sign the Informed Consent Form before your procedure. You will also sign a Consent for Moderate Sedation.
- **DOUBLE-CHECKING:** For your safety, staff will be asking you the same questions many times. They may ask your name, birth date, allergies, what procedure you are having performed, the site of the procedure, and if the procedure is on the right or left side (if this applies). Ask questions if there is a difference from what you were told by your doctor or if there is something that you do not understand.
- **TIME OUT:** Your safety is very important to us. Just before your procedure begins, the entire team spots for a final review ("time out"). At this time the team states your name, birthday, allergies, procedure, and location of your procedure site. You may participate in the final "time out."

After Your Procedure

- After your procedure, you will be taken back to the pre-op/recovery area. The nurse will monitor your progress until you are ready to be discharged.
- Your family may join you in the recovery area. Crackers, juice and water may be offered to you. It is not unusual for you to feel tired for 12-24 hours after your procedure.
- During your time in recovery, your nurse will give you and your family member written instructions that may include how you are to care for your procedure site, what to expect in your recovery, any changes in your medications, and post-procedure follow-up with your doctor.