



What to Expect

YOUR PROCEDURE IS ON _____ at _____. PLEASE ARRIVE AT _____.

On the scheduled day of your procedure, please report to:
3200 Quail Springs Parkway Suite 100 (CV Health Clinic)
3200 Quail Springs Parkway Suite 200 (Advanced Cardiovascular Solutions)
Oklahoma City, Oklahoma 73134

Leading Up to Your Procedure:

- Plan to have a family member or friend drive you to the Facility and take you home afterwards. Due to our facility size, we will not be able to allow more than 2 visitors to accompany you in your private room. If you have additional visitors they will have to wait in our waiting room. These person(s) are welcome to stay or we will call them when you are ready to go home.
- You should inform your doctor if there is a possibility you may be pregnant prior to the day of your procedure.
- If you take medications, follow your physician's instructions on what to take prior to your procedure.
- Smokers should not smoke for 24 to 48 hours before the procedure, to enhance your breathing during your procedure.
- Please complete the Anesthesia Preoperative Questionnaire form in this packet and bring that form with you on the day of your procedure.

Medication Information:

- If you take ANY of the following medications, please follow the directions for that specific medication.
 - PRADAXA, ELIQUIS, XARELTO – DO NOT TAKE FOR 3 DAYS PRIOR TO YOUR PROCEDURE
 - COUMADIN, WARFARIN – DO NOT TAKE FOR 4 DAYS PRIOR TO YOUR PROCEDURE
 - CONTINUE TO TAKE PLAVIX, EFFIENT, BRILINTA AS USUAL
 - TAKE your blood pressure and heart related medications AS USUAL with a sip of water.
 - DO NOT TAKE oral diabetic medications 48 HOURS PRIOR TO PROCEDURE
 - Take ONLY ½ of your USUAL MORNING dose of insulin.

The Night Before Your Procedure:

- Do Not Eat Or Drink **Anything After Midnight** on the night before your procedure, or as ordered by your physician
 - This helps reduce the chance of an upset stomach during your procedure. If you have to take medicine before your procedure, you may take small sips of water to swallow your medication.
- Remove nail polish /shellac/ gel/ acrylic nails

The Morning of Your Procedure:

- Bathe or shower, to reduce the chance of infection.
- You may brush your teeth the morning of your procedure.
- Please arrive to the Facility at your scheduled time. If you are delayed or need to cancel your procedure, please call the Facility at 405-701-9899
- Wear comfortable, loose-fitting clothing that is easy to take off and put on.
- Leave your valuables at home. We do not have a safe to store your valuables. If you have a family member coming with you- they will be asked to keep your things.
- If you wear glasses, contacts or hearing aids, bring along a case to store them in while you are having your procedure.
- If you have a cold, a fever of 100 degrees F or higher, a skin rash or an infection of any kind, notify your physician before coming in for your procedure.



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- Bring a list of all medicines you are taking. Be sure to include the exact name and dosage of these drugs. Bring the Anesthesia Preoperative Questionnaire with you as well.

When you arrive to the Facility:

- Enter the double doors in the center of the building on the **WEST SIDE** of the building. The doors on the north side of the building under the awning **ARE NOT** an entrance.
- Cardiovascular Health Clinic is located on the second floor in Suite 200.
- Advanced Cardiovascular Solutions is located on the first floor in Suite 100.
- If you need wheelchair assistance, please call prior to arrival to let us know and we will arrange to meet you at your vehicle with a wheelchair.
- Our Admissions Coordinator will walk you through admission paperwork we will need and then show you back to your private patient bay as soon as possible.
- Your visitors may wait in your private room with you for the duration of your stay. Please keep in mind the temperature tends to be cool, so visitors may want to dress in layers or bring a blanket with them.
- We will give you the opportunity to use the restroom prior to your procedure. Empty your bladder as much as possible before your procedure starts.
- Your nurses and staff will begin getting you ready for your procedure
 - There will be several monitors connected to you briefly before your procedure
 - An IV (intravenous) line will be placed into a blood vessel in your arm. This allows the nursing staff and physicians to give you medications as needed throughout your stay.
 - A staff member will clean and shave the area where the catheter will be inserted. This makes it easier for your physician to do your procedure. It also reduces the risk of infection.
- Your physician will be by to discuss your procedure with you and answer any questions you may have.
- Once your nurses and staff have finished preparing you for your procedure--you will be taken back as soon as your procedural room staff are ready. Depending on several different factors this wait time will vary, but we promise to do our best to make you comfortable in the event of any delays in starting your procedure.

During your procedure:

- Our staff will do our very best to make you comfortable throughout your procedure. We will talk to you and explain everything we are doing as we are doing it. If you feel uncomfortable or have any questions, please tell your staff so that they can better help to make this experience as pleasant as possible for you.

After Your Procedure/Surgery:

- After you leave the procedure room, you will be taken back to your private patient bay until we are able to safely allow you to leave the Facility.
- We will monitor you closely as you recover from your procedure. If you have a sheath from your procedure you will be required to lie flat until that sheath is removed and your physician feels that you can safely change positions. During this time we will do our best to keep you relaxed and provide you with some form of entertainment.
- Once your sedation has cleared, we will progressively allow you to drink and eat. Patients and 1 visitor will be provided with a boxed deli lunch. If more than 1 visitor accompanies you there are many local restaurants and food choices nearby.
- For your own safety, a responsible adult **MUST** drive you home.
- Someone responsible should stay with you for the first 24 hours after the procedure.
- The day after your procedure you will receive a telephone call from one of our staff to inquire as to how you are feeling. If you have any questions or concerns, this will be a great opportunity to voice them.



What to Expect

- Times vary based on each patient, but you can plan that you will be with us for approximately two to six (2-6) hours.
- If you have any questions, please ask your nurses and staff at any time throughout your stay at our Facility!

If you have any questions, please call: 405-701-9899