

Welcome

You have been scheduled for an electrophysiology (EP) procedure at Inova Heart and Vascular Institute. This brochure is designed to answer any questions you may have about preparing for your procedure. If you have questions after reading this information, please don't hesitate to ask your physician, a nurse or a technologist at Inova Heart and Vascular Institute.

Please be assured that you are in skilled and caring hands. At Inova Heart and Vascular Institute, our physicians, cardiovascular specialists and nurses have a commitment to give you safe and excellent care during your procedure and stay with us.



Pre-Procedural Tests

Before your procedure, your physician will order lab work and an electrocardiogram (ECG/EKG). If you have already had lab work done within 7–14 days of your procedure, please have your physician fax them to us.



Inova Alexandria Hospital
cath lab fax line:..... 703-504-3287

Inova Fairfax Hospital
cath lab fax line: 703-776-6700

Inova Loudoun Hospital
cath lab fax line:.....703-858-8670

Location and Directions

Inova Alexandria Hospital
4320 Seminary Road
Alexandria, VA 22304
703-504-3000

Parking

Free parking is available in the general parking lot across N. Howard Street. Free valet parking is available at the patient entrance, Monday through Saturday.

Driving Directions

From Arlington or Washington, DC: Take I-395 South to Seminary Road exit. Turn left to exit east. Go four blocks. The hospital is on the right, at the corner of Seminary Road and N. Howard Street.

From Richmond: Take I-95 North to Springfield. You will have a choice of I-495, I-395 and I-95. Continue onto 395 North to Seminary Road. Turn right to exit east. Go four blocks. The hospital is on the right, at the corner of Seminary Road and N. Howard Street.

Public Transportation*

The following buses stop by the hospital on Seminary Road:

Metro Buses

25 Destinations: Van Dorn/Ballston
Pick up at Van Dorn (Yellow Line) or Ballston (Orange Line) Metro stations
28 Destinations: Tysons Corner/Alexandria
Pick up at King Street (Yellow and Blue Lines) or West Falls Church (Orange Line) Metro stations

DASH Buses

AT2 Destination: The Hamlets
Pick up at Braddock Road Metro station (Yellow and Blue Lines)
AT5 Destination: Landmark
Pick up at Braddock Road Metro station (Yellow and Blue Lines)

* Patients who have had a catheterization procedure are not allowed to use public transportation when they are first released from the hospital. You must have a family member or friend to bring you home from the hospital after your procedure.

Inova Fairfax Hospital
3300 Gallows Rd
Falls Church, VA 22042
703-776-4001

Patient Entrance & Parking

On the day of your procedure, enter the hospital complex through the Gray entrance. Park in the Gray Patient and Visitor Garage, located at the rear of the hospital campus. There is a nominal charge for parking. Follow the signs to the Inova Heart and Vascular Institute. Take the elevator to the ground floor. When you enter the hospital, walk down the hallway to the circular atrium. Turn left at the sign "EP / Cath Check In" before you reach the atrium.

Driving Directions

Via I-495 (Capital Beltway)
From the north (Tysons Corner): Take Exit #51. At the top of the ramp, bear right onto Gallows Road. Proceed on Gallows Road and turn left into the Gray entrance.

From the South (Alexandria/Springfield): Take Exit #51. At the traffic light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn left into the Gray entrance.

Via Rt.50

From the West (Fairfax): Exit onto 650/Gallows Road. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right into the Gray entrance.

From the East (Washington/Falls Church): Pass under I-495 and exit onto 650/Gallows Road. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right into the Gray entrance.

Inova Loudoun Hospital
44035 Riverside Parkway, Suite 120
Leesburg, VA 20176
703-858-8660

From Leesburg and points west

Take Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked Physician Offices II.

From Tysons Corner and points east

Take Route 7 West. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked Physician Offices II.

From Dulles South and points south

Take Loudoun County Parkway. Turn left onto Evergreen Mills Road. Turn right onto Belmont Ridge Road. Turn right onto Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance. Follow signs marked Physician Offices II.

Parking

Free parking is available in the parking lot in front of the building entrance.



Inova Heart and Vascular Institute

Preparing for Your Electrophysiology Procedure



**INOVA[®] HEART AND
VASCULAR INSTITUTE**



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VASCULAR INSTITUTE**

Before Your Procedure

- Stop taking (warfarin) coumadin on: _____

- Stop taking (metformin) glucophage on: _____

- Other special instructions regarding medication: _____

- Diabetic patients: please discuss your insulin dose and all oral diabetic medications with your doctor.

- Ask your doctor if you should take your regular medications or take any special medications. If so, take any physician-approved medicine with as little water as possible.

- Do not eat or drink anything after midnight the evening before your procedure, including gum or mints.

- You may brush your teeth on the day of the procedure.

- Do not smoke for 24 hours before your procedure.

- Arrange for a family member or friend to drive you to and from the hospital on the day of your procedure.

- If you live alone, please make arrangements for someone to stay with you the night following your procedure

- If you are allergic to dye preparations, iodine, shellfish or strawberries, please notify your doctor's office immediately.

For Inova Fairfax Hospital patients only:

If you have computer access, go to www.inova.org/cardiacforms and complete the *Adult Patient Admission History and Medication List* forms, print them out and bring them to your hospital appointment.

When You Come to the Hospital

- Bring a detailed list of all your medications, including aspirin, vitamins, supplements, insulin and inhalers. Please indicate the dosage and list how many times per day you take any medicine, as well as when you took your last dose.

- The hospital will give you any prescribed medication while you are a patient. If you bring your medications, we will use them only to verify your dosage. They will then be sent home.

- Leave all valuables at home. The hospital is not responsible for mp3 players, cell phones, PDAs or computers.

- Please remove all jewelry, including body piercings.

- Wear comfortable clothes and shoes. Bring toiletries for an overnight stay.

- Be prepared to stay overnight, but if you are allowed to go home someone must drive you home.

- When you come to the hospital, please bring your:

- Drivers license or other current photo ID
- Insurance card(s)
- Insurance co-pay (cash, check or credit card)
- Detailed list of medications
- Copy of advanced directive, living will, or durable power of attorney, if applicable
- Storage case for glasses, contacts, or dentures. You may wear them to the hospital, but they will be removed before surgery.
- CPAP or BiPap machine, if you use one

The hospital is not responsible for valuables, so please leave them at home.

When to Arrive

Your physician would like you to arrive at:

Your procedure is scheduled at:

When you arrive, go directly to the registration area.

At the Hospital

After you change into a hospital gown, a nurse will ask you questions about your health, take your blood pressure and check your temperature. The nurse will start intravenous fluids flowing through a needle inserted in your hand or arm.

When it is time for your procedure, a cardiovascular specialist or nurse will discuss the procedure with you and answer any questions you may have. You will be given a mild sedative to help you relax.

- Family members who accompany you may wait in the catheterization waiting area during your procedure. Your physician will notify them when the procedure is finished.

- Children under 12 years old are not permitted beyond the waiting area.

- Visitors are limited to one or two people in recovery, at the discretion of department staff.

- Cell phones are not permitted in the hospital; they must be in the OFF mode, not on standby.

- If you need to make long-distance calls, please plan to bring a phone card.

Your physician or a staff member will notify your family when your procedure is done, and they will be asked to come to the recovery area.

During Your Electrophysiology Procedure

Your electrophysiology procedure (EP) may take from one to four hours. Your physician and anesthesiologist will speak with you prior to the procedure to obtain a brief medical history and answer any questions you may have.

The team caring for you will consist of your physician, registered nurses, cardiovascular technologists and an anesthesiologist or nurse anesthetist. During the procedure, these people may wear masks and gowns to keep the area sterile.

Once in the EP lab, you will be assisted with lying on the operating room table and special monitoring equipment will be placed on your back and chest. Foam padding will be placed on your feet, hands and elbows for your comfort and protection.

Your physician will determine which medications are necessary to keep you comfortable during the procedure. This will be discussed with you prior to your procedure.

Once you are prepared and sterile drapes are in place, your physician will inject a local anesthetic into your skin at the procedure site. For EP studies, this will be on one side of the groin area. For ablations, this will be on each side of the groin and left upper chest area. Surgical cases will be injected at the operative site. X-ray equipment will then be used to position the catheter within your heart.

Special monitors will be in the room for X-ray and electrocardiogram readings. The room will be cool and warm blankets will be provided.

After Your Electrophysiology Procedure

EP study and ablation patients:

When the procedure is complete, the catheters will be removed and manual pressure will be applied at the site for 10-20 minutes to prevent bleeding. Once bleeding has stopped, band-aids will be placed over the site. If an arterial catheter was placed, a pressure dressing will be used at the site. It is very important that you lie still for four to six hours after the procedure to prevent any bleeding or bruising. Do not lift your head off the pillow or bend your knees. If bleeding or bruising does occur, pressure will be held on the site and you will need to lie still for another four hours.

ICD / Pacemaker patients:

Patients receiving a device implant will need to keep the arm on the side of the implant at their side. A sling will be placed on your arm to remind you not to raise it above your chest and not to lift anything.

All patients:

Immediately after your procedure, you will go to the recovery area and a chest X-ray may be taken. You will be given a light meal and encouraged to drink liquids. If you are going to be discharged, you will need to lie still in the recovery area for two to six hours depending on the procedure that was performed. After the required bed rest with no bleeding or bruising, the staff will assist you with walking in the recovery area. You will be discharged one hour later if there are no complications. You will not be able to drive for 24 hours.

Post EP Procedure Discharge Instructions

EP study and ablation patients:

- Remove the band-aid 24 hours after your procedure.

- You may shower 24 hours after your procedure, but do not reapply the band-aid. Leave the area open to air.

ICD / Pacemaker patients:

- Do not remove the dressing until your doctor sees you 24 hours post-procedure.

- If you are not scheduled to see your physician tomorrow, remove the bandage and leave the area open to air.
- Do not remove the "steri-strips." They will fall off on their own.

- Do not get the site wet for seven days.

- Carry your ID card with you at all times.

All Patients:

Activity:

- Do not drive for 24 hours following your procedure.

- Rest today, gradually increasing over the next several days to include your usual activities.

- Avoid stairs if possible, for the first 24 hours. If you must use stairs, take them one at a time, leading with your unaffected leg. Hold pressure on your groin site, if you have an access line there.

- Do not lift anything more than 10 pounds. That includes pushing, pulling, dragging or moving anything that weighs 10 pounds or more for 5–7 days.

- Do not engage in strenuous activity for five days. Do not attempt anything that may cause fatigue, shortness of breath, perspiration or chest pain.

Wound/Incision Care:

- No tub baths, hot tubs or sitting in water for seven days.

- You may shower 24 hours after your procedure. Leave the bandage on and let the water passively flow over the site.

- Do not remove the occlusive dressing over the puncture site for 48 hours after your procedure.

- Do not apply creams, powders, lotions or ointments at the site.

- Do not rub, scrub, pick, scratch or even use a washcloth over the puncture site.

- If the puncture site does not look like it is healing — if it is red, hot to the touch, has discharge or if you are running a fever of more than 100° F — immediately call the doctor who performed the procedure.

Normal Observations:

- You may feel a small lump about the size of an olive pit in the area of your puncture site.

- You may have some tenderness, bruising, and soreness in the area of your puncture that may last for one week.

- You may experience some mild bruising in the surrounding area of your puncture site.

- You can take acetaminophen (such as Tylenol) for pain. Talk to your physician about whether you may take aspirin or ibuprofen.

- For a few days, you may feel some skipped heart beats, short bursts of rapid heart rate or dizziness when you rise.

Call 911 if:

- **You experience chest pain/anginal symptoms. Speak with your physician about this before discharge.**

- **You notice bleeding, either through the dressing or underneath the skin. If the blood is trapped under the skin, the area will hurt and become swollen and hard. If this happens, lie down flat, hold pressure on the site and call 911.**

- **Your leg becomes cold, numb, painful or grayish in color.**

Important Phone Numbers

Inova Fairfax Hospital

Interventional Cardiology
Admission and Recovery
(ICAR)..... 703-776-7050

Patient Registration 703-776-7061

Pre-interventional
screening nurse..... 703-776-7054

The pre-interventional screening nurse can also be reached by email at icar@inova.org. When contacting the nurse by phone, please leave a voicemail with your name and a phone number where you can be reached. The nurse will contact you between 8:00 a.m. and 3:00 p.m., Monday through Friday.

Inova Alexandria Hospital

Cardiovascular and
Interventional Radiology
Department(CVIR).....703-504-7950

Inova Loudoun Hospital

Inova Heart and
Vascular Institute,
Loudoun Campus..... 703-858-8660

Additional Phone Numbers

Your physician: _____

Inova Financial Services 703-750-8894