

Welcome

Thank you for choosing Inova Heart and Vascular Institute (IHVI) for your cardiac catheterization procedure. Please be assured that you are in expert and caring hands. At IHVI, our physicians, nurses and cardiovascular specialists are committed to giving you excellent care during your procedure and your stay with us. If you have questions, please do not hesitate to ask your physician, nurse or cardiac catheterization lab (cath lab) staff member.

About Your Procedure

Cardiac catheterization is a procedure used to diagnose and treat patients with various forms of heart disease or blockages. During this interventional procedure, a catheter is inserted through a patient's groin or arm into the arteries leading to the heart. By injecting a contrast dye through the catheter, physicians can view the arteries supplying blood to the heart to determine any problems that may be affecting the arteries, as well as determine the best method for treatment.

Your procedure is scheduled for:

Date: _____
Location: _____
Arrival Time: _____
Procedure Time: * _____

** Please be aware that emergencies may alter the schedule on the day of your procedure. You will be kept informed of any changes.*

Procedure Preparation

14 Days Before Your Procedure: Complete Lab Work

Lab work must be completed 3 to 14 days before your procedure in order for the hospital to receive the results in a timely manner. You may choose to use a lab of your choice that is covered by your insurance.

Laboratory Service Locations

Inova Laboratories offers appointments for lab work and testing throughout the Northern Virginia area. For a list of locations and hours, visit inova.org/locatelab

If you are receiving your cardiac catheterization procedure at Inova Fairfax Medical Campus, you may also schedule your lab work and testing with the on-site Inova Pre-Procedural Evaluation Clinic:

Inova Pre-Procedural Evaluation Clinic
Inova Professional Services Building, Ground Floor
3300 Gallows Rd., Falls Church, VA 22042

Lab Hours: Monday through Friday, 7 a.m. to 6:30 p.m.
Phone: 703.776.2000
Fax: 571.472.6508

One to Three Days Before Your Procedure: Interview Phone Call

You will receive a pre-procedural interview phone call to collect information, identify any special needs and provide further clarification. If you do not receive a phone call, bring the following information with you on the day of your procedure:

- List of current medications with dosage of frequency, including all prescriptions and over-the-counter medicines, supplements and vitamins
- Allergies to medications, foods or latex
- Previous surgeries and medical history
- Any other pertinent medical information

Cancellation: *If you need to cancel your procedure, become acutely ill, or have a health status change, call your physician's office as soon as possible.*

Pre-Procedural Interview Worksheet

Please have the following information available for your scheduled phone interview with the nurse:

Name of Medications You are Currently Taking

(including all over-the-counter and herbal supplements)

Name of Medication	Dosage	Times Taken

List of Past Procedures That Required Anesthesia

Procedure	Anesthesia	Location/Date

List Your Specialists and Primary Care Physician

Please note: cardiology, pulmonology, nephrology, hematology/oncology, neurology and pain management specialists are required, some others may be requested based on your health.

Test Ordered	Where	When

Food and Drink Instructions

- Do not smoke or drink alcohol or caffeine for 24 hours before your procedure.
- Do not eat, drink or chew gum or mints after midnight the evening before your procedure.

Medications

- Your physician may temporarily adjust routine medications, especially if you are diabetic.
- If you are allergic to IV contrast (dye) or shellfish, you may be prescribed additional medications before or upon arrival at the hospital.

Activity Limitations: Home/Work Arrangements

Your activity will be limited based on the entry point of your catheter. Please plan accordingly:

- **Groin access during procedure:** Limit stair use for 24 hours after the procedure and no heavy lifting (anything greater than 10 lbs.) for five days.
- **Wrist access during procedure:** Do not lift anything greater than 5 lbs. with the affected arm for five days post procedure.

Transportation

Plan for transportation to and from the hospital with a responsible adult (18 or older) as you cannot drive for 24 to 48 hours after your procedure due to medication side effects and activity limitations.

You may be transported in a personal vehicle or cab. However, a responsible adult must remain with you.

Day of Your Procedure

- Drink only sips of water to take morning medications.
- Shower on the morning of your procedure.
- Do not use lotions or perfumes.
- You may brush your teeth, but do not swallow.
- Remove all jewelry (including piercings).
- Leave all valuables at home.
- Wear comfortable, loose fitting clothing.
- Bring the following with you:
 - Photo ID/drivers license
 - Insurance card
 - Copay, if required
 - Copy of advance directive for healthcare or living will

- Crutches, walker, cane or assistive devices needed
- If you use oxygen at home, bring enough for transportation to and from the hospital
- Containers for eyeglasses, contact lenses, dentures, hearing aids, etc.
- CPAP machine with mask, tubing and setting, if needed
- Rescue inhaler, if used
- Toiletries for possible overnight stay
- Current medication list with dosage and frequency

Arrival, Check-In and Prep

If you are scheduled for a procedure at **Inova Heart and Vascular Institute (IHVI) on Inova Fairfax Medical Campus**, arrival time is typically two hours before your procedural window. However, you will be instructed on when to arrive at the hospital.

Park in the patient/visitor Gray Garage adjacent to IHVI, or use the valet service at the Inova Fairfax Hospital Surgical Center entrance next to IHVI. Enter the IHVI building on the ground floor, and proceed to the Cath/Electrophysiology (EP) check-in area.

If you are scheduled for a procedure at **Inova Alexandria Hospital**, arrive one hour before your scheduled time, or as directed by your doctor.

If you are scheduled for a procedure at **Inova Loudoun Hospital**, arrive 90 minutes before your scheduled time, or as directed by your doctor.

Patients scheduled for 8 a.m. procedures should arrive at 7 a.m. When you arrive, go directly to the registration area to check in.

For hospital locations, directions and parking information, see back page.

Be aware that emergencies may alter the schedule on the day of your procedure. You will be informed of any changes that affect your procedural window time.

Once You Check In:

- You will wait for a nurse to escort you to the pre-procedural area.
- You will be escorted to your private admission bay.
- You will be asked to empty your bladder before the procedure.

- You will be asked to change into a hospital gown and non-skid socks.
- You will leave all assistive devices (crutches, canes, walkers, wheelchairs, portable oxygen, etc.) with the responsible adult who has accompanied you.
- A nurse will complete your admission, obtain vital signs and medical history, and review the procedure.
- A clinical research coordinator may meet with you if you have agreed to enroll in a research trial or are eligible.
- An intravenous (IV) line will be placed in one of your veins so you can receive fluids and medicines during the procedure.

Accompanying Family/Friends

Before Your Procedure

A limited number of family/friends may accompany you to your procedure. Once your admission process is completed, they may join you during the pre-procedural phase.

During Your Procedure

Your guests may wait in the reception area or visit other hospital areas. They will be given a form with a unique identifier to follow you through the procedural process on the electronic boards in the waiting area.

After Your Procedure

When the procedure is complete, family/friends will be invited to rejoin you in the recovery area. Your physician will speak with you and your family after the procedure.

During Your Procedure

The catheterization usually takes 60 to 90 minutes. During the procedure, you will lie on a special X-ray table. A large X-ray machine will be positioned above the table, which displays the images of your heart for the physician to evaluate. Your heart rate, blood pressure and oxygen levels will be continuously monitored. The room will be cool and bright, and staff will provide you with warm blankets.

Staff will be wearing surgical caps, masks and gowns to maintain a sterile environment. You will be able to talk and ask questions during the procedure, but you must lie still. The cardiac catheterization team consists of a cardiologist, cardiovascular specialists and registered nurses who specialize in cardiac procedures.

Procedure Steps

1. The catheter insertion site will be shaved and cleansed with an antiseptic soap (a blue-green color), and sterile drapes will be placed.
2. You'll receive IV sedation and pain relief medication to help you relax, if needed.
3. A local anesthetic will be injected into your skin around the catheter insertion site. The cardiologist will place a catheter into the radial artery in your wrist or the femoral artery in your groin. If a vein is needed for the procedure, a vein in your arm, neck or groin may be used to access.
4. A catheter will be inserted and threaded up to your heart. For left heart catheterizations: Once the catheter reaches your heart, a small amount of dye will be injected through the catheter. This allows the cardiologist to see blood flow through the coronary arteries and identify any blockages. Pictures of your arteries will be taken from various angles. As the dye is injected, you might feel a warm, flushed sensation in your chest. These feelings are normal and will quickly pass. However, if you feel any discomfort such as chest pain, dizziness, shortness of breath, nausea or back pain at any time during the procedure, please inform any team member.
5. The catheter will be removed, and the site will be closed.
 - **Radial artery:** If the radial artery in the wrist was used, a soft plastic band will be applied to put pressure on the puncture site for two to four hours. The recovery nurse will slowly release the pressure from the band and place a bandage to cover the puncture site.
 - **Femoral artery:** If the femoral artery in the groin was used, the physician will decide the best way to close the site to prevent bleeding:
 - **Manual pressure:** Direct pressure can be applied to the puncture site for 10 to 20 minutes to prevent bleeding. Once this is done, a small bandage will be placed over the puncture site.
 - **Closure device:** There are several types of devices that aid in the prevention of bleeding.

Immediately After Your Cardiac Catheterization

Outpatients

After the catheterization is complete, you will be on bed rest in a patient recovery room for a few hours. You will have limited mobility of the arm or leg used for your catheterization. Your vital signs, heart rhythm, access site(s) and comfort will be closely monitored. You may receive visitors*.

Oral hydration post-procedure is encouraged. You will receive IV fluids and be offered water/juices.

Bed rest is one to six hours post procedure. You will have two walks after completion of prescribed bed rest. If you have no problems, post-procedure instructions are reviewed and you are discharged.

Hospitalized Patients

After the procedure is complete, you will return to your hospital room, where you will be on bed rest for one to six hours. You will have limited mobility of the arm or leg used for your catheterization. Your vital signs, heart rhythm, access site(s) and comfort will be closely monitored. You may receive visitors*.

Oral hydration post procedure is encouraged. You will receive IV fluids and be offered water/juices.

You are usually discharged the following day unless other medical issues are being addressed.

**We discourage visitors who have signs of a cold, flu or other infectious disease, since many of our patients are especially susceptible to infections.*

Safety

Please remember and follow these safety guidelines after your procedure:

- You are at an increased risk for falls because of medication side effects, attachments (IV, oxygen) and being in an unfamiliar setting.
- Use your call bell.
- Expect staff to walk with you when walking and getting up to use the bathroom.

Discharge

When you are cleared for discharge from the hospital, you will receive a discharge binder and an after-visit summary (AVS).

The discharge time window for overnight patients is typically 9 a.m. to noon the day following your procedure. Please ensure your transportation to home is available to pick you up during these hours.

Prescriptions

Your care team will ensure your prescribed medication(s) will be available for pick-up at the pharmacy of your choice.

For your convenience, Inova Fairfax Medical Campus has an on-site retail pharmacy, Inova Pharmacy Plus, located on the ground floor of IHVI and also inside the Emergency Room. For more information regarding Inova Pharmacy Plus, visit inova.org/pharmacyplus

Driving Restrictions

If you received conscious sedation or anesthesia, you cannot drive for the next 24 hours. If the radial artery was used for the access site, you cannot drive for the next 48 hours. You must get a ride home with a responsible adult (18 or over), and provide us with the name of the person who will take you home.

Important Phone Numbers

Inova Fairfax Hospital

Interventional Cardiovascular Admission and Recovery (ICAR).....703.776.7050
Cath Lab Fax.....703.776.6700
Scheduling Office.....703.776.2393

Inova Alexandria Hospital

Cardiovascular and Interventional Radiology Department.....703.504.7950
Cath Lab Fax.....703.504.3287

Inova Loudoun Hospital

Inova Heart and Vascular Institute, Loudoun Campus.....703.858.8660
Cath Lab Fax:.....703.858.8670

Additional Phone Numbers

Your physician:

Financial Services:

Inova Alexandria Hospital.....703.504.3069
Inova Fairfax Hospital.....571.423.5750
Inova Loudoun Hospital703.858.8091

Notice of Non-Discrimination

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

This policy is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 1557 of the Affordable Care Act, and regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at 45 C.F.R. Parts 80, 84, 91 and 92, respectively.

Inova:

- Provides free aids and services to people with disabilities to communicate effectively with us such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats and other formats)
- Provides free language services to people whose primary language is not English such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, please let our staff know of your needs for effective communication.

If you believe that Inova has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance by calling **703.205.2175**. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Patient Relations staff is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Ave., SW
Room 509F, HHH Building
Washington, DC 20201

1.800.868.1019, 800.537.7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Interpreter Services are available at no cost to you.

Please let our staff know of your needs for effective communication.

Spanish	Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
Korean	알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.
Vietnamese	Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.
Chinese	注意: 如果你說中文, 可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。
Arabic	انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.
Tagalog	Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyong tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.
Farsi	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.
Amharic	ትኩረት: አማርኛ የሚናገሩ ከሆነ ለእርስዎ የጥንቋ ድጋፍ አግልግሎቶች ከክፍያ በነጻ ይቀርብልዎታል። ውጤታማ የሆነ ኮሚዩኒኬሽን የሚፈልጉ ከሆነ ሰራተኞቻችን እንዲያውቅ ያድርጉ።
Urdu	توجه: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ موثر مواصلت کے لیے برائے مہربانی ہمارے عملے کو اپنی ضروریات کے بارے میں بتلا دیں۔
French	Attention: Si vous parlez Français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.
Russian	Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.
Hindi	कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए नि:शुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।
German	Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.
Bengali	দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।
Kru (Bassa)	Tò Ìdùú Nòmò Dyíin Cáo: Ǿ jù ké m̄ d̄yí Gòdǿw̄-wùdù (Básóò-wùdù) pò ní, níí, à bédé gbo-kpá-kpá bó wudu-dù kò-kò pò-nyò b̄é bìì n̄s̄ à gbo bó pídyí. M̄ d̄yí d̄é d̄ò m̄ n̄s̄ à gbo ní, m̄ m̄ nyue b̄é à kùà-nyò b̄èò k̄é d̄yí d̄yud̄, k̄é à k̄é m̄ k̄é m̄ue j̄é c̄èin nòmò dyíin.
Ibo	Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dijirị gị. Biko mee ka ndị ọrụ anyị mara mkpa gị maka nkwurịta ga-aga nke ọma.
Yoruba	Akiyesi: Bi o ba nsọ Yoruba, awọn işe iranilọwọ ede wa l'ọfẹ fun ọ. Ọwọ ọ jẹ ki ara ibişe wa mọ nipa awọn aini rẹ fun ibaraenisọrọ ti o munadoko.



Locations and Directions

**Inova Alexandria Hospital
Inova Heart and Vascular Institute
4320 Seminary Rd.
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 Friday, 5:30 a.m. - 7:30 p.m.

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.

**Inova Fairfax Medical Campus
Inova Heart and Vascular Institute
3300 Gallows Rd.
Falls Church, VA 22042
703.776.4001**

Patient Entrance and Parking

Enter Inova Fairfax Medical Campus from Woodburn Road onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute and enter the Gray Garage on your right and park. Take the elevator to Level G. Enter the building on the ground floor and proceed down the hall to the Cardiac Cath Lab/EP Lab check-in desk.

Driving Directions

Via I-495 (Capital Beltway)

From the North (Tysons): Take Exit #51. At the top of the ramp, cross Gallows Road onto Woodburn Road. At the first light, turn right onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray garage on your right.

From the South (Alexandria/Springfield): Take Exit 51. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left onto Woodburn Road. Go to first traffic light, and turn right onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray Garage on your right.

Via Rt. 50

From the West (Fairfax): Exit onto 650/Gallows Road. At the top of the ramp, bear right onto Gallows Road. Proceed on Gallows Road and turn right onto Woodburn Road. Go to first traffic light and turn right onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute on your right, and enter the Gray Garage on your right.

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 onto Woodburn Road. Go to first traffic light and turn right onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray Garage on your right.

**Inova Loudoun Hospital
Schaufeld Family Heart Center
44035 Riverside Pkwy., Suite 120
Leesburg, VA 20176
703.858.8660**

Parking

Free valet parking is available in the parking deck in front of Physician Offices II (building 44035).

Driving Directions

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.

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.

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.