



THE UNIVERSITY OF KANSAS HEALTH SYSTEM

A Patient's Guide to Heart Procedures

We want your visit to be as comfortable and convenient as possible. This guide is intended to assist you in preparing for your procedure.

Welcome

We realize the time before your procedure is stressful for you and your family. That's why we want to help you prepare for it. We'll help you understand your condition and answer questions about your hospital stay and our exceptional physicians and staff. We want you to feel well cared for and comfortable. Let us know at any time how we can improve your experience with us. You've come to the right place for advanced cardiovascular care. Thank you for choosing The University of Kansas Health System.

Planning your visit

Notify us of your arrival

You will receive a phone call the day before your procedure to confirm your arrival time, shown below. If you haven't heard from us by 3 p.m., please call us:

- Cath lab: 913-588-2660
- EP lab: 913-588-2648

When you should arrive

Please report at _____(time)
on _____(date).

Where you should go

When you arrive, check in at the Center for Advanced Heart Care's Information Desk. The heart center is located north of the main lobby. Turn right after entering the front door. Here, you will get your ID bracelet and privacy code. When your family or friends call to check on your condition, we will provide information only to those who know your privacy code.

Allow extra time for parking. Parking is available in the Cambridge Garage directly across from the hospital's main entrance. Bring your parking ticket inside with you and get it validated at the Information Desk on the first floor. There is a parking fee with validation. Valet parking is

available at the main entrance also for a fee.

Visitors

The support of family and friends is important to your recovery. There is a waiting area available for family, and we can make accommodations for one visitor to spend the night. Guest food trays are also available for purchase.

Preparing for your procedure

- Shower with Hibiclens[®] soap, if you received it, or an antibacterial soap, such as Dial[®], the night before or the morning of your procedure. Please scrub from neck to toes with soap. Do not remove hair by any method from the neck down. Do not use any powder, lotion, deodorant or perfume.
- Clean hands are the best way to prevent infections. Wash your hands, or use a disinfectant gel often. Ask those around you to do this as well.
- Notify your doctor or our staff if you are ill (cold, fever, nausea, etc.) or if there is any possibility you are pregnant.
- Do not use a tampon the day of your procedure.
- Wear loose, comfortable clothing. Do not wear makeup or fingernail polish.
- For your safety, remove all jewelry and piercings.
- Leave money and other valuables at home. We are not responsible for lost or broken personal items.

Eating and drinking

Do not eat or drink anything after midnight unless instructed otherwise. This includes gum, candy, mints, ice chips and water.

The nurse calling you the day before your procedure may give you different instructions regarding when to stop the intake of food and drink, if so, please follow those instructions. If you have any concerns at that time, please let us know.

Medications

- Do not bring your medications with you unless told by your doctor or the pharmacist to do so.
- Refer to the medication instructions given to you at your office visit.
- Take medications only as instructed by the nurse during your phone call the day before your procedure. Take them with a small sip of water the morning of your procedure.

What to bring

- Photo identification and health insurance card(s)
- List of current medications
- CPAP/BIPAP (masks only)
- Medical device identification card – if you have an internal medical device, such as a pacemaker or automatic internal cardiac defibrillator
- Stent cards - if you have had previous stents placed
- A copy of your advance directive
- An overnight bag

The day of surgery

After checking in, go to the heart center's second floor, Cardiovascular Treatment and Recovery, or CTR. You will be greeted at the nurses' station and escorted to your room.

- Once in your room, you will change into a hospital gown. We'll give you a bag for your clothing and personal items. Your room will also have a locker for your belongings.
- Our staff will ask you about your health history and confirm your scheduled procedure to ensure a safe experience for you. They will also place up to two IVs in your arm for fluids and medications.
- If necessary, we will remove any body hair. This will be done before going to the lab.
- For lengthier procedures, there is a possibility you may have a urinary catheter placed before your procedure. It will remain

in place until your bed rest is complete.

- You may meet a member of the anesthesia team. Do not hesitate to ask questions.
- The procedure nurse and doctor will meet with you before your procedure. At this time, please ask any questions you may have.
- You may have visitors once you're ready for your procedure.

Procedure wait time is unpredictable. Please bring a book or something else to help occupy your time. When it is time for your procedure, staff members will escort you to the procedure lab. Your family may wait in your room or the waiting area during the procedure. They will receive updates from our staff while you have your procedure.

Following the procedure

Some patients will be discharged to go home after recovering in CTR; others will stay the night.

Following your procedure, we will closely monitor your heart rate, blood pressure, heart rhythm, oxygen saturation, respirations, blood sugar, pain and puncture sites or incision.

A nurse will monitor your vital signs while a cardiovascular technician holds pressure on the puncture site. This may take up to 60 minutes, depending upon how many sites were required for your procedure.

Following this process, after the technician has completed the pressure application to the puncture sites, you will be required to stay in bed for another 4-6 hours. The nurse will frequently assess you during this time to ensure your safety.

Bed rest is very important following your procedure. Your doctor will determine how long you must remain in bed. Be sure to tell staff about your level of pain. We want to make sure you are comfortable.

Cardiology nurse _____

Pre-procedure call nurse _____

Procedure date _____

Tips for recovery

Pain: Pain control improves healing and your quality of life. We'll carefully assess your pain often.

Family interaction: It's normal for you to be sleepy after your procedure. A calm environment is helpful to your recovery.

Incisions: Bandages covering your incision and/ or puncture sites will be removed the day after your procedure. A small amount of clear or bloody drainage can be normal. If the drainage is yellow, green or red, the incision is tender, or you have a temperature of 101° or higher, call your doctor's office. Do not apply powders or ointments.

Cardiac rehab: If you had a cardiac stent placed, our cardiopulmonary rehabilitation staff will contact you to schedule appointments. If there is a cardiac rehab facility closer to your home that you prefer to attend, our staff will make arrangements for you. Cardiac rehab will help you begin your new heart-healthy activity regimen and give you an opportunity to learn more about heart disease.

Driving: Due to the drugs you receive during your procedure and pain medications after the procedure, you should not drive for two days. Never drive while taking pain medications.

Leaving the hospital: If you spend the night, discharge typically occurs in the morning. Make transportation arrangements in advance in order to leave the hospital the next day.

Follow-up appointment: We will schedule your follow-up appointment with your cardiologist before you are discharged.

White Heart Learning and Resource Center: After your procedure, you may have many questions. We encourage you and your family to take advantage of the resources available at the White Heart Learning and Resource Center, located on the heart center's second floor. Call 913-588-8618 to learn more.

For general information

Patients: **913-588-1227** | 844-323-1227

kansashealthsystem.com/heart

