



BEFORE YOUR SURGERY

- Do not eat or drink anything after midnight the night before your procedure. This includes gum, mints, water, ice chips, etc. Your stomach must be empty or you could get sick.
- Do not eat anything after midnight the night before your procedure, but you may drink clear liquids, such as apple or cranberry juice, black coffee, Gatorade, water and tea until ____ am / pm on the day of your procedure.

The day before your procedure, drink plenty of fluids unless your doctor instructs otherwise.

If you have been told to take any of your medication, take it with a small sip of water before coming to the hospital. You may brush your teeth, but don't swallow any water.

If you are feeling sick before your procedure, call your Cardiologist. He or she will tell you what to do. If you are sick on the day of your procedure, call 864-255-1079.

Leave your money, wallet or purse, and jewelry at home. Jewelry includes rings, bracelets, necklaces and body piercings. It all must be removed prior to your procedure.

If you wear glasses, contact lenses, dentures and/or hearing aids, they will be removed prior to procedure.

Do not wear any makeup that covers your natural skin color, including mascara, and nail polish. Do not wear any cologne, perfume, lotions, powders, or oils on your chest, legs, or near the procedure site. Deodorant is acceptable in most cases.

Tobacco use is not permitted in any St. Francis building or on our grounds, including parking areas.

You must have a responsible adult to drive you to the hospital, stay at the hospital during your procedure, and drive you home. You must have someone stay with you for the first 24 hours after your procedure. If he or she is at the hospital, but leaves the waiting area, tell them to let the secretary know and provide a phone number where they can be reached. Please understand that these instructions are for your safety and comfort. If they aren't followed, your procedure may be cancelled.

One to two family members may stay with you after you are prepped for your procedure. Space is limited, so additional guests may have to wait in the designated waiting areas.

If you are to stay in the hospital after your procedure, your room will be assigned after the procedure is over.

Comments _____

Medications *(take the day of surgery with small sip of water)*

Day _____ Date _____ Time _____ AM / PM

If you have any questions prior to your procedure, call ST. FRANCIS downtown at 864-255-1105.

AFTER YOUR CARDIAC PROCEDURE

After your procedure, you will be monitored closely until you are awake. (This can take 45 minutes to 2 hours).

If you need something for pain, please ask your nurse.

If it is OK with your doctor, you will be given something to drink and allowed to sit up at the bedside after you are awake. While you are recovering, the doctor will talk to your family.

If you are going home, the nurses will give your family/friend discharge instructions to let you know what you can do, when to call the doctor, and how to take care of yourself. Then you will be allowed to go home.

You must have a responsible adult to drive you home after your procedure and who is able to stay with you for the first 24 hours.

Your doctor may give you a prescription for pain and other medication.

The average length of time from the end of your procedure until you go home varies. You may be required to stay overnight. If you have questions related to length of stay, ask your doctor before the procedure.

The medications you are given will make it unsafe for you to be alone. You will feel tired and even a little sleepy.

Medication may also make you unsteady or slow to react for up to 48 hours after your procedure.

Do not go back to work, drive or be out and about until you have checked with your doctor.

Practice deep breathing. Take 10 slow deep breaths every hour when you are awake. Turn from side to side every 2 hours.

Light meals such as soup and crackers, Jell-o, and soda or juice are recommended the first day, then diet as tolerated.

Walk. This will help your body get working again. Be sure to have help the first time you get up.

INFECTION PREVENTION TIPS

Sometimes infections happen regardless of all the precautions taken.

Smoking delays wound healing. This may be a good time to stop smoking.

And remember, hand washing is the most important thing you and your caregivers can do to prevent infection.

If you are a diabetic, it is important for you to properly manage your blood sugar levels before your procedure as well as after your procedure. Poorly managed blood sugar levels slow down wound healing and prevent you from healing well.

SAFE PROCEDURE TIPS

You will be asked by your nurses what cardiac procedure you are going to have.

One you are in the Cath Lab and before your procedure begins, everyone in the room will stop and make sure that they have the correct patient, correct procedure, correct position, and correct site or side for your procedure. This is called a Time Out and we do it for your safety. You may not remember this because you may already be asleep.

If you have any patient safety concerns before, during or after your hospital stay, please contact either Patient Relations at **864-255-1093** or the Patient Safety Office at **864-255-1985**.

Notes _____

