

## **Pre-Procedure Guidelines**

### **Instructions For Patients Before All Outpatient Angiography Or Venous Access Procedures.**

1. Drink only clear fluids after a normal supper the evening before your procedure. This may include coffee, tea, juice, Jell-O, clear soups. No dairy products please.
2. Take all your regular medications with water as ordered by your doctor.
3. Bring all your medications, and respective dosages of these medications, with you on the morning of your procedure. If you are on medications for diabetes ask your family doctor about the need to stop these medications.
4. You must not be taking any anticoagulants ("blood thinners") before your angiogram. **If you take these medications consult with your doctor about stopping these medications.**
5. Report to the Admitting Department of SCH and SPH 30 minutes prior to your scheduled appointment to register. At RUH please report 60 minutes before your scheduled appointment. After registration please report to the Reception desk of the Medical Imaging Department with your admission papers.
6. You must be accompanied by an adult who will transport you to and from the hospital
7. You must arrange to spend the night after your angiogram or biopsy in the company of an adult who can transport you to the Hospital within 15 minutes if a delayed complication of the procedure occurs. Patients who have a venous access procedure may return home.
8. Patients should expect a 2 - 6 hour supervised recovery period after their procedure is completed. This is standard practice and is in the interest of patient safety and comfort.

## **Post-Procedure Guidelines for Patients**

### **Instructions for Patients after Outpatient Angiography**

1. You must stay in the company of a responsible adult within 15 minutes of the hospital on the night following your angiogram. Please keep in mind that City Hospital Emergency Department closes at 8:30 p.m.
2. A responsible adult must drive you from the hospital to your accommodations.

3. Plan to spend the night following your exam resting quietly. Any type of physical activity is discouraged. Return to normal activity the day after the angiogram.
4. Avoid heavy lifting or strenuous labor for 2-3 days after your test.
5. Eat and drink normally. Increased fluid intake is recommended.
6. Take all your normal medications as ordered by your doctor. You may take Tylenol or Aspirin for any pain or discomfort you may experience.
7. If bleeding occurs where the catheter was inserted, apply direct pressure to the bleeding. Return immediately to the Emergency Department of Royal University Hospital or City Hospital if you have difficulty in stopping the bleeding. Bring this instruction sheet with you.
8. If your foot becomes cold, numb, or painful after discharge, return to the Emergency Department immediately. Bring this instruction sheet with you.
9. If a complication arises and you do not know what to do, report to the Emergency Department with this instruction sheet.
10. Patients should expect a 2-6 hour supervised recovery period after their procedure is completed. This is standard practice and is in the interest of patient safety and comfort.