



Vascular Associates of San Diego

Endovascular Procedure Instructions

Your procedure is scheduled on _____ at _____.

Please check in at _____ in the Main Lobby.

Your procedure is scheduled for _____.

Your procedure will take place in the:

_____ Cardiac Cath Lab _____ Interventional Suite _____ Endovascular OR

Before Procedure Instructions:

1. Have no solid foods after midnight.
2. You may have small amounts of liquids after midnight.
3. Take regularly scheduled medications the day of the procedure.
4. If taking Glucophage, stop taking it one day prior to your procedure and don't resume the medication until two days after the procedure.
5. Please inform our office if you are taking Coumadin or Plavix.
6. Please bring a list of your medications with you to the hospital.
7. Be sure to arrange for someone to take you home after the procedure and stay with you overnight.
8. You may have to stay at the hospital for 4-6 hours, so you may want to bring something to read.

After Procedure Instructions:

1. You will be instructed on the time required in lying flat after the procedure while in the hospital.
2. Have someone drive you home and stay with you overnight.
3. The bandage at the puncture site can be removed the following morning.
4. To avoid complications at the puncture site avoid exercise, excessive walking, or climbing up stairs for the remainder of the day. If at all possible stay home, relax and stay off your feet as much as possible for the day.
5. Check the puncture site bandage for oozing or swelling. If bleeding occurs, you should contact our office (619) 286-9311.
6. The development of bruising around the puncture site is normal.
7. Puncture site swelling, excessive pain, drainage, and fevers that develop days after the procedure are not normal and you should call our office.

Additional Things to Consider:

1. Drink plenty of fluids.
2. Resume normal activities the following day after the procedure.
3. Take all your regular medications, unless instructed otherwise.
4. Please call our office (619) 286-9311 if you have any concerns or questions.