

Cardiology and Transplant Associates

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Texas Medical Center

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CATHETERIZATION INSTRUCTIONS

HOUSTON METHODIST HOSPITAL

Please arrive at **Cath Lab Admitting located on the 4th Floor of the Walter Tower.**

The address is: 6551 Bertner Avenue
Houston, TX 77030

Please arrive approximately **2 hours prior to your procedure**, for example, if the procedure is scheduled at 10:00 a.m., please arrive at 8:00 a.m.

Please **do not eat or drink anything except medications with small sips of water at least 6 hours prior to procedure.** If the procedure is scheduled in the morning, it is recommended not to eat or drink after midnight. If your procedure is scheduled in the afternoon, you can have clear liquids for breakfast, but please allow at least 6 hours between breakfast and the procedure.

Please take your medicines prior to procedure with the following exceptions:

- If you take blood thinners (Eliquis, Coumadin, Pradaxa, Xarelto, etc) please contact the office to obtain instructions on when to stop them
- Do not take metformin for 2 days prior to procedure
- If you take long acting insulin (NPH, Levemir, Lantus, etc), take only ½ of the regular dose at the regular scheduled time prior to procedure. You will need to take the other ½ dose, when you are able to eat after the procedure.

Please bring all your medications with you. Also, please bring identification and insurance cards, as the hospital is required to verify your identity and will likely want to verify your insurance coverage prior to procedure.

If you are discharged on the day of the procedure, you will need to have someone drive you home. You will likely receive sedation during the procedure and will legally be “driving under the influence,” if you drive yourself.

If you have any questions, please do not hesitate to call the office.