



1257 N. Main St Lapeer MI 48446  
Ph: 810-969-4040 Fx: 810-788-7894

## **Cardiac Catheterization Preparation**

A cardiac catheterization, often called a "cardiac cath," is a common medical procedure used to diagnose and treat certain heart conditions. During the procedure, a thin, flexible tube called a catheter is inserted into a blood vessel—usually in the groin, arm, or wrist—and guided to the heart. This allows doctors to perform various tests, such as checking blood flow, measuring pressure in the heart chambers, and performing interventions like placing stents. It is considered a minimally invasive procedure.

### **Pre-Procedure Instructions**

To ensure a safe and successful procedure, please follow these instructions carefully:

### **Fasting and Medication Guidelines**

- **Do not eat or drink anything after midnight** the night before your procedure.
- **Blood Thinners (Anticoagulants):** You must **hold** (stop taking) the following medications the night before and the morning of your procedure:
  - Eliquis (Apixaban)
  - Xarelto (Rivaroxaban)
  - Coumadin/Warfarin
- **Diabetes Medication:** If you are diabetic, **do not take your oral diabetes medication or insulin** the day of your procedure unless specifically instructed otherwise by your doctor.

### **Day of Procedure Requirements**

- **Arrival Time:** Arrive **2 hours prior** to your scheduled procedure time.
- **Duration:** The procedure is expected to last approximately **1 1/2 hours**.
- **Transportation:** You are **required to have someone drive you home** from the hospital following your procedure. You will not be permitted to drive yourself.

### **Location**

**McLaren Flint Hospital**  
401 S. Ballenger Hwy.  
Flint, MI 48532