



Shawn Howell, M.D., F.A.C.C., F.S.C.A.I.
Interventional Cardiology

2311 M Street, NW
Suite 101
Washington, DC 20037
(202) 466-3000 Office
(202) 466-3001 Fax

Catheterization Lab Preparation

Preparing at home (outpatient) If you are scheduled to be admitted on the day of your procedure, follow these specific instructions to prepare:

- Stop taking Coumadin (warfarin) at least 3 days before your procedure date, or according to your doctor's instructions. In some cases, your doctor may instruct you to receive blood thinner injections into your skin.
- Continue to take your prescribed medications unless your cardiologist has told you not to. Do not take diabetes medication (bring them with you).
- Let your cardiologist know if you have an allergy to X-ray dye. In that case, you may need to take allergy medications before the procedure.
- Do not eat any food or drink after midnight the night before your procedure.
- You may have sips of water with your medications the morning of your procedure.
 - **Bring your ID and insurance cards with you.**
 - **Bring someone with you to your appointment (you will not be able to drive yourself home)**
 - **Report 2 hours prior to procedure.**
 - **Report to the 1st floor admitting department.**
 - **The appointment will be about 4 to 5 hours in total.**
 - **Park at the parking garage located at the corner of H Street & 23rd Street (near the GW Science and Technology Building). Parking is \$18/day but free with validation (green ticket given by cath lab). This is the ONLY parking garage that will be validated. Keep your parking ticket with you. When exiting the parking garage, press the help button at the parking garage exit and someone will take your validation ticket and allow you to exit the garage.**

Please tell the staff immediately if you experience any of the following after your catheterization:

- Chest, neck, jaw, or arm discomfort, or any discomfort similar to your "heart pain"
- Shortness of breath
- Weakness or dizziness
- Pain at the puncture site
- Numbness, tingling, or discomfort below the puncture site
- A warm or wet sensation around the puncture site
- Any other discomfort