



Northwest | a n d  
Cardiac | VASCULAR  
          | i m a g i n g

## IMPORTANT INFORMATION ABOUT YOUR INVASIVE DIAGNOSTIC EVALUATION

PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

PROCEDURE: \_\_\_\_\_

PRE-OP INSTRUCTIONS: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

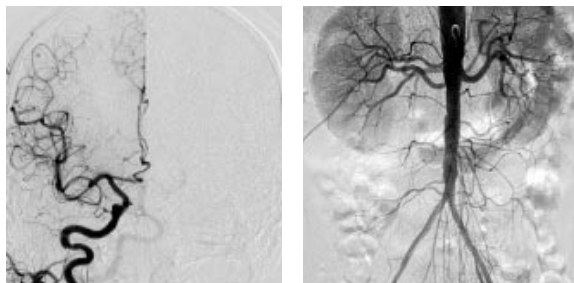
## ABOUT NORTHWEST CARDIAC AND VASCULAR IMAGING (NWCVI)

NWCVI is a joint effort between the physicians of Inland Imaging, P.S. and those of Heart Clinics Northwest, P.C. We have come together to establish a state-of-the-art diagnostic cardiovascular angiography laboratory where we are able to provide the highest level of imaging capabilities for both peripheral vascular and cardiac evaluation. Safety, convenience, and efficiency are the cornerstones of NWCVI. We are dedicated to providing the best outpatient care and experience possible. We welcome your feedback and offer the following information to help you understand what to expect before, during, and after your procedure.

### PREPARATION

To be as prepared as possible, please follow the general instructions below. If you have specific questions, please contact your physician or their nurse. If you are unable to follow these instructions, or if you have special needs, please let us know prior to your appointment and we will make arrangements to meet your specific needs. A nurse will call the day before your appointment to review instructions and answer any questions.

- Do not eat 6 hours prior to the procedure. You may drink water up to 3 hours before the procedure. **Please take all your normal medications, except as noted.**
- If you have diabetes, please check with your physician or their nurse regarding your diabetic medication use before the procedure. Our nurse will check your blood sugar the day of the procedure. If you use Metformin (Glucophage), stop taking it 24 hours prior to your procedure and DO NOT resume until 48 hours after the procedure.
- Please bring all your prescriptions in their original containers, including insulin, or bring a list of your current medications. Your doctor or our nurse will tell you when to start taking them after the procedure.
- If you take Coumadin or Warfarin, check with your physician or their nurse regarding when to stop this medication and if another blood thinner is needed temporarily. If you are currently taking either of these medications, a lab test (INR) will need to be performed the day of the procedure.
- DO NOT take diuretics the day of your procedure (Lasix, Dyazide, HCTZ, etc.).
- Medications such as Trental (Pentoxifylline), Plavix, Ticlid, Pletal, and aspirin **should** be taken prior to the procedure unless specifically instructed otherwise.
- All jewelry, watches and other valuables should be left at home.
- Please wear your glasses, contacts, hearing aids, dentures or partials so you will be comfortable while at NWCVI.



*Our outpatient vascular lab provides the highest quality digital images available.*

### WHEN TO ARRIVE

NWCVI is open Monday through Friday at 5:30 a.m. You should arrive 1½ hours prior to your procedure or as directed by your physician. If you need to reschedule your appointment or verify your arrival time, please call us at 509.838.7711.

### PRIOR TO PROCEDURE

Upon arrival, you may need to have blood drawn. You will then be escorted to your room where you will be prepared for your procedure. There will be time to answer any questions you may have about your procedure. An IV will be started, and your nurse will perform an assessment.

### THE PROCEDURE

An angiogram (arteriogram or “cath”) is a diagnostic procedure to evaluate possible problems with arteries of the heart, head or legs. The procedure involves placing a soft plastic tube, called a catheter, into the arteries to measure pressures, inject contrast (an imaging agent), and take x-ray pictures. The procedure is performed using local anesthesia and mild sedation. The procedure itself will usually last 30-60 minutes, followed by 1-3 hours of bedrest. You should expect to spend up to 5 hours at NWCVI.

If a blockage is found in one of your arteries, your physician may suggest that you need medical therapy or another procedure. This may or may not be done at the same time as your angiogram. Your physician will evaluate several factors, including the amount of contrast you have already received, your need to be started on new medication, whether you are diabetic, and the availability of space at the hospital. If additional procedures are done, this requires at least an overnight stay in the hospital.

## DURING YOUR PROCEDURE

When your physician is ready to begin your procedure, you will be transported to the catheterization laboratory. The room is cold because the x-ray equipment requires a cool environment. You will be transferred to a procedure table with an overhead x-ray camera and television monitors near the bedside. The area where the sheath (small tube) will be inserted will be “prepped” and sterilized with an iodine solution (please notify us if you are iodine sensitive). The area, usually the right groin, will then be anesthetized (numbed) with an injection under the skin and a sheath will be placed in the artery. As the catheter is placed in the artery, the x-ray camera will follow the movement. Since blood vessels have no nerve endings, you should not feel the movement. Contrast will be injected into the catheter to illuminate the vessels. Your physician may ask you to briefly hold your breath or cough vigorously. You may experience a warm sensation lasting less than 30 seconds during the contrast injection.

## AFTER YOUR PROCEDURE

You will be transported to your room where the sheath will be removed. You will need to lie quietly in bed for 2-3 hours. Later, you will be given an opportunity to move around and encouraged to drink plenty of fluids to help flush the contrast from your system. Family and friends may be with you in the recovery area to discuss your procedure results with your physician. You will be discharged from NWCVI when your catheter insertion site is stable, usually 3-4 hours after the procedure. Before you leave, a nurse will review discharge instructions with you, including guidelines about physical activity, medications, follow-up appointments with your physician, and where to call if questions arise.

**Since you will not be allowed to drive, please make arrangements for someone to drive you home following the procedure.**

## FOR YOUR COMFORT

A television with cable service and a phone for local calls are provided in each room. Food and beverages will be provided after the procedure.

## FOLLOW-UP

Your referring physician will receive a report of your test results. One of our staff members will contact you within two days after the procedure to make sure you are doing well. We invite you to ask any questions you may have at this time.

## INSURANCE AND BILLING

Many insurance plans require that you see a “participating provider” in order to receive your maximum plan benefit. NWCVI has participating provider contracts with many third party carriers. If you are unable to determine if a NWCVI physician is a provider covered by your plan, please call our billing office at 509.462.0071 for assistance. If your insurance requires a referral for specialist services, please contact your primary care physician (PCP) and request that a referral be faxed to our office at 509.462.0570 prior to your appointment. Our staff will instruct you in the proper billing procedures for your particular insurance carrier to the best of their ability.

Please bring your insurance plan card with you when you come for your appointment.

If you sign an “assignment of benefits” and provide us with your insurance identification, showing ID numbers and a billing address, we will submit an itemized bill for services to your third party carrier. If your third party carrier does not respond with payment or a denial of payment within 60 days of submission, or your carrier responds with notice of co-pay, you will be held responsible for payment of your account balance.

If you receive a statement and believe that it was sent in error, or you would like to set up payment arrangements on the outstanding balance, please contact our billing office at 509.462.0071.

# DIRECTIONS TO NORTHWEST CARDIAC AND VASCULAR IMAGING



## HOW TO FIND US

We are located on the 5th floor of the Heart Institute of Spokane at 122 W 7th Avenue, Suite 545, just south of I-90 in Spokane. Ample parking is available in the parking garage located just north of the Heart Institute building on 6th Avenue.

### From North:

- Drive south on Division
- Use middle lane, follow through signal, (southwest) onto Browne Street (one-way).
- Continue on Browne Street under Interstate 90 to 6th Avenue.
- Turn left on 6th (east) to parking garage, turn right into entrance.

### From South:

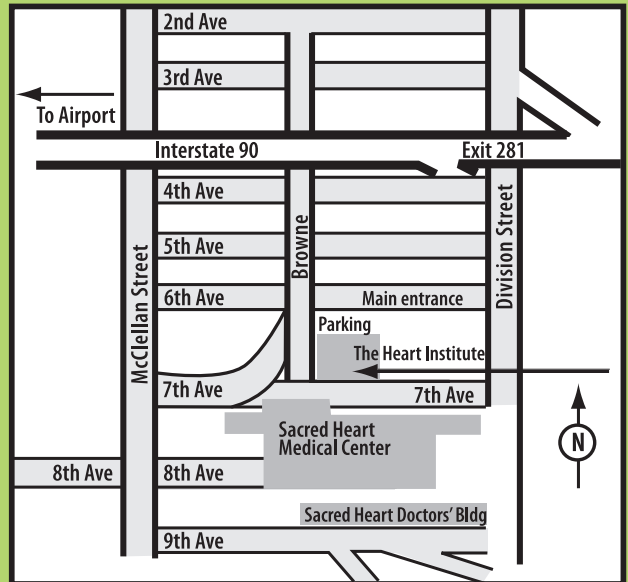
- Drive north on Grand Boulevard.
- Follow through "S" curve onto McClellan Street.
- Turn right on 7th.
- Turn left into the Heart Institute patient entrance.

### From West:

- Drive east on Interstate 90, take exit #281 Division Street.
- Turn left (west) on 2nd Avenue.
- Turn left (south) on Browne Street.
- Turn left (east) on 6th to parking garage, turn right into entrance.

### From East:

- Drive west on Interstate 90, take exit #281 Division Street.
- Turn right (south) on Division.
- Turn right (west) on 6th to parking garage, turn left into entrance.



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imaging

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