

## Preparing for a Procedure in the Heart Pavilion

### FOR OUR PATIENTS:

- Patients typically arrive 2–3 hours before a procedure to register, have labs drawn, take care of any additional testing and meet with the physician.
- Bring your medication list and take medications *as directed by your physician*. There may be some medications your physician tells you not to take prior to your procedure. If you are uncertain which medications to take, bring your medication(s) in labeled bottles and we will be happy to help you.
- You will be unable to eat or drink anything until after your procedure. This may be longer than anticipated.
- To ensure your safety, most procedures require that someone drives you home and stays with you overnight.
- Depending on the procedure, you may be on strict bed rest for up to eight hours.
- Your scheduled time may be delayed due to unforeseen circumstances. These circumstances may include emergencies or procedures prior to yours that require additional time.
- If you use a CPAP machine at home, please bring it with you.
- You may have activity restrictions for a few days after your procedure.
- Please ask your doctor how you should address blood sugar levels the morning of the procedure.

Note: Your physician may have additional recommendations based on your circumstances.

### FOR YOUR FAMILY:

- Our unique environment can be cool in the winter and summer, so please dress warmly and in layers.
- Prepare for a long day. Even though most procedures are not lengthy, your loved one will need ample time to recover before being discharged. Everyone recovers at his or her own pace. The wait may be several hours longer than you anticipate. Bring books, electronic devices, etc. to make your time more enjoyable. We provide free Wi-Fi, televisions in each room and XM radio.
- Lutheran's cafeteria is located on the hospital's lower level. Tim Hortons Cafe and Bake Shop is located on the first floor in the hallway between the main and south lobbies. Vending machines are also located in that area, as is the gift shop.

We hope these tips help you prepare for your day. We look forward to caring for you!

Questions? Give us a call at **(260) 435-6701**.