CARDIAC CATHETERIZATION
Kaiser Permanente is a leader in cardiac catheterization and interventions in Northern California—performing over 10,000 catheterization procedures a year and recognized nationally for our success in significantly reducing the number of deaths from heart disease among our members.

Your cardiac care team is part of a larger support network to help you get on the road to recovery. From our specially trained nursing staff to our pharmacists and health educators, we make sure you have the support and education you need to make a full recovery and stay healthy for the long run. We also offer special programs that focus on topics like cardiac rehabilitation and cholesterol management to help you stay connected, improve your health, and thrive. It’s all part of our commitment to treating not just your heart, but the whole you.

WHAT IS CARDIAC CATHETERIZATION?
Cardiac catheterization—also known as angiogram or heart cath—is a procedure used to look at your heart and blood vessels in order to diagnose heart conditions. During this procedure, your cardiologist inserts a catheter (a long, thin, flexible tube) into a blood vessel and guides it to your heart. This allows your cardiologist to check blood flow in the arteries and heart, including your heart valves and chambers. Your procedure may vary based on your health condition and it may involve opening an artery using balloon angioplasty or stent placement.

Kaiser Permanente San Rafael Hospital
From Highway 101
Take the Freitas Parkway exit toward Terra Linda.
Merge onto Manuel T. Freitas Parkway.
Turn left onto Las Gallinas Avenue.
Turn right onto Nova Albion Way.
Turn right onto Montecillo Road.

Kaiser Permanente San Rafael Hospital
99 Montecillo Road
San Rafael, CA 94903

Report to Hospital Admitting Department (3rd floor) for check-in.

If you get lost, please don’t hesitate to ask security personnel for assistance.

APPOINTMENT
Date: ____________________________
Time: ____________________________

Catheterization Cardiologist: ____________________________

If you will not be able to keep your appointment, please contact the Cardiac Scheduling Center AS SOON AS POSSIBLE at (415) 833-3007.
BEFORE YOUR PROCEDURE

» We recommend that you confirm your appointment by calling the Cardiac Scheduling Center at (415) 833-3007, weekdays from 2 to 5 p.m. Call the day before your procedure, or call on Friday if your procedure is scheduled for Monday.

» Do not eat or drink anything after midnight the night before your procedure.

» The morning of your procedure, shower or bathe and brush your teeth as you normally would.

» Take your regular medications in the morning, unless you’ve been told otherwise, with a sip of water only.

» Here are recommendations for a few specific medications:
  - You should not take insulin or oral diabetic medications the morning of your procedure, unless instructed otherwise by your doctor.
  - Warfarin (Coumadin) needs to be stopped 3-5 days prior to your procedure.
  - If you take Glucophage (Metformin), do not take it the day before or the day of your procedure. Your doctor will tell you when to start this medication again after your procedure.
  - Stop taking medication for erectile dysfunction 2-3 full days prior to procedure. This includes Viagra, Levitra, and Cialis.

» Arrange to have a family member or friend drive you home after your procedure as you will not be allowed to drive yourself.

» Please plan to bring your regular copay with you to your appointment, as you will be asked for payment during the admitting process. Please do NOT bring valuables.

ON THE DAY OF YOUR PROCEDURE

» Information about where to go the day of your procedure is included on the front of this brochure. Hospital volunteers, employees, and security staff are available to provide directions or assistance as needed.

» After you are admitted, you may have more lab work, an EKG, an IV inserted, or other tests to help prepare for your procedure.

» Your appointment time is not the scheduled time of your procedure, as necessary tests and shifting schedules may affect your actual procedure time. You might want to bring music or a book with you to help you relax while you wait.

» Depending on your procedure, you may need to stay overnight at the hospital. Bring personal items you may need for an overnight stay.

» You can expect to be seen by several members of our cardiac care team during your stay. Our unique computer medical record system makes it possible for all members of your team to access your health information and update each other as shifts change.

If you have any questions, talk to your cardiologist or another member of your cardiac care team.

To learn more visit your physician’s web site on kp.org/mydoctor and click on cardiac catheterization in the left column.

Your comfort and safety is important to us. Please be patient and keep in mind that we are doing our very best to care for you in a timely fashion. Emergencies sometimes occur. Be assured that we will immediately notify you and your family of any delays.

We look forward to taking great care of your cardiac needs!

Sincerely,
The Kaiser Permanente Cardiac Team

EXCELLENCE AT THE HEART OF OUR PROGRAM

» Kaiser Permanente received the first ever “Right Care Initiative” award from the California Department of Managed Health Care (DMHC) for “best performance improvement in heart disease and diabetes prevention and care.” The DMHC’s “Right Care Initiative,” examines managed care and the quality of service provided to California’s citizens.

— www.opa.ca.gov

» The nation’s leading reviewer of health plans recognized us for our cardiac care: “...Health care professionals at Kaiser Permanente Northern California have done something remarkable: They have reduced deaths from heart disease among Kaiser Permanente Northern California’s 3 million members so significantly that it is no longer the leading cause of death in this population, though it remains so in the general population.”

— NCQA State of Healthcare Quality

PATIENT STORY

Throughout the entire process, I received wonderful care from Kaiser Permanente. The physicians and staff were thorough, diligent, and attentive; I knew that absolutely nothing was overlooked. They spoke to me warmly and personally, making me truly feel like I was the only person there. My doctor explained the procedure to me in terms that I could understand, and ensured that all of my questions were answered.

— Dennis McCorkle, male, 57 years old
Stent placement after having a heart attack