Patient Information
C08

NHS Golden Jubilee

Cath Lab procedure advice and information

Reviewed: July 2026
Next review: July 2027
Version 4

About this leaflet

You have been referred to the Golden Jubilee University National Hospital. Please read this advice letter and accompanying booklet as it contains Important information about your admission.

Admission Time

You have been asked to attend the Cardiology Day Unit at a certain time. Please note, **this is your admission time, not the time of your procedure**. This allows time for staff to adequately prepare you.

Please allow a **minimum of 5 hours** between your arrival time and discharge from hospital. You may be required to stay all day. Sometimes delays are unavoidable as a result of emergencies.

Before you come into hospital

For coronary procedures performed under local anaesthetic there is no requirement to fast. You should eat breakfast before you leave home but avoid a heavy meal. You should avoid caffeinated and decaffeinated drinks, e.g. Tea, coffee, decaf coffee, as well as high energy drinks.

Coronary angiograms and stenting procedures are carried out with local anaesthetic and a light sedative. If you are having a general anaesthetic, you must not eat or drink from midnight before your admission.

Medicines – Anticoagulation and anti-platelets

You should take your usual medications as normal with a few exceptions

- **Apixaban** (Eliquis), **Dabigatran** (Pradaxa), **Rivaroxaban** (Xarelto), **Edoxaban** (Lixiana) – stop taking 48hrs before your procedure.
- **Aspirin**, **Clopidogrel** (Plavix), **Prasugrel** (Efient), **Ticagrelor** (Brilique/Brilinta) or **Warfarin** or any combination of these should be continued.

If you have recently had a blood clot in your leg (deep vein thrombosis (DVT)), lung (pulmonary embolism, (PE)) or other blood clot then you should contact the day unit on the number below for advice.

Diabetes medications

- **Metformin** – stop taking in the morning of your procedure. Other oral diabetic medication should be taken as normal.
- **Insulin** – Most patients are able to modify their insulin regime themselves. If you would like advice, please call the day unit.

What to wear

Loose fitting trousers, please avoid skirts/tights. Only top half of clothing will be required to be removed. A gown will be provided.

Make up

Please remove any make up and nail polish as they can affect our measuring and observation devices.

What to bring with you

If you wear a hearing aid, please leave it in for your procedure. You can wear your wedding ring, other jewellery and valuables should be left at home. Please be assured any cultural preferences you have will be respected.

Please bring with you:
- all of your medication in their original packaging;
- a dressing gown and slippers;
- an overnight bag in case you are required to stay; and
- a book to read, or something else to help pass the time.

General health information

Please inform the Cardiology Day Unit if you:
- have any changes in your general health prior to your appointment (e.g. cold or flu);
- are being treated with antibiotics; or
- have ever been told you have MRSA.

Driving restrictions

Do not drive to the hospital as you will not be able to drive after the procedure. If a friend or relative is unable to provide transport, please call the Scottish Ambulance Service on 0300 123 1236 to see if you qualify for assistance. If you do not qualify, please contact our transport department on 0141 951 5518. Remember to allow at least 5 hours between arrival and discharge if you are arranging transport home.

Escort information

The Cardiology Day Unit is busy; you will be sharing a room with another patient. Your escort will be asked to leave when you are being admitted but can make use of the visitors waiting area, hospital dining room and hotel facilities. If you feel that it is necessary for you to have an escort, please tell the nurse who is admitting you.

The Consultant will discuss the results with you. Every effort will be made to ensure your friend or relative will be with you for this discussion.

Discharge information

After your procedure you will be given a list of 'do's and don'ts'. You will be advised not to return to work for a minimum of 1 week, with the details being discussed when you are ready for discharge.

You will be monitored in the Cardiology Day Unit for a minimum of 3 hours following your procedure; however, you may be with us for longer depending on procedure complexity.

Please make arrangements for someone to be with you overnight following your discharge.

Travel costs

We will only refund the costs of public transport fares to patients on certain benefits. Taxi fares will not be refunded. Please contact our Cash Office during your visit for reimbursement. You will need to bring proof of your benefits and ticket receipts with you. If you wish further advice, please contact our cash office on 0141 951 5037.

Further information and contacts

Patient information leaflets are available online at:
www.nhsgoldenjubilee.co.uk/publications/patient-information-leaflets/heart-and-lung/

If you have an enquiry relating to booking or transport, please call the Booking Office on **0141 951 5266**.

For other cath lab enquiries, contact the Cardiology Day Unit on **0141 951 5201** (Monday- Friday, 9am-7pm).

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फ़ॉरमेट (आरूप) में भी उपलब्ध हैं।

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ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

reviewed for plain English

☎: 0141 951 5513