

## Welcome

You have been scheduled for an electrophysiology (EP) procedure at Inova Heart and Vascular Institute (IHVI). Please be assured that you are in expert and caring hands. At IHVI, our physicians, nurses and cardiovascular specialists are committed to giving you excellent care during your procedure and stay with us. If you have questions, please do not hesitate to ask your physician, nurse or cardiac catheterization lab (cath lab) staff member.

### About Your Procedure

An EP procedure (also called an EP study) is a test used to evaluate your heart's electrical system, assess the effect of a medication and check for abnormal heart rhythms. During the study, small, thin wire electrodes are inserted into a vein in the groin or neck leading into the heart. Once in the heart, the electrodes measure the heart's electrical signals.

### Your procedure is scheduled for:

Date: _____
Location: _____
Arrival Time: _____
Procedure Time:* _____

*\* Please be aware that emergencies may alter the schedule on the day of your procedure. You will be kept informed of any changes.*

## Procedure Preparation

### 14 Days Before Your Procedure: Complete Lab Work

Lab work must be completed three to 14 days before your procedure in order for the hospital to receive the results in a timely manner. You may choose to use a lab of your choice that is covered by your insurance.

#### Laboratory Service Locations

Inova Laboratories offers appointments for lab work and testing throughout the Northern Virginia area. For a list of locations and hours, visit [inova.org/locatelab](http://inova.org/locatelab)

If you are receiving your procedure at Inova Fairfax Medical Campus, you may also schedule your lab work and testing with the onsite Inova Pre-Procedural Evaluation Clinic:

Pre-Procedural Evaluation Clinic  
Inova Professional Services Building, Ground Floor  
3300 Gallows Rd., Falls Church, VA 22042

Lab Hours: Monday through Friday, 7 a.m. to 6:30 p.m.

Phone: 703.776.2000

Fax: 571.472.6508

### One to Three Days Before Your Procedure: Interview Phone Call

You will receive a pre-procedural interview phone call to collect information, identify any special needs and provide further clarification. If you do not receive a phone call, bring the following information with you on the day of your procedure:

- List of current medications with dosage and frequency, including all prescriptions and over-the-counter medicines, supplements and vitamins
- List of allergies to medications/foods/latex
- List of previous surgeries and medical history
- Any other pertinent medical information

**Cancellation:** *If you need to cancel your procedure, become acutely ill or have a health status change, call your physician's office as soon as possible.*

## Pre-Procedural Interview Worksheet

Please have the following information available for your scheduled phone interview with the nurse:

### Name of Medications You are Currently Taking

*(including all over-the-counter and herbal supplements)*

Name of Medication	Dosage	Times Taken

### List of Past Procedures That Required Anesthesia

Procedure	Anesthesia	Location/Date

### List Your Specialists and Primary Care Physician

*Please note: cardiology, pulmonology, nephrology, hematology/oncology, neurology and pain management specialists are required. Others may be requested based on your health.*

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Test Ordered	Where	When

### Food and Drink Instructions

- Do not smoke or drink alcohol or caffeine for 24 hours before your procedure.
- Do not eat, drink, or chew gum or mints after midnight the evening before your procedure.

## Medications

- Your physician may temporarily adjust your routine medications, especially if you are diabetic.
- Stop taking anticoagulant medicine (blood thinners) on:  
\_\_\_\_\_
- Stop taking (metformin) glucophage on:  
\_\_\_\_\_
- Other special instructions regarding medication:  
\_\_\_\_\_
- Diabetic patients: please discuss your insulin dose and all oral diabetic medications with your doctor.
- Ask your doctor if you should take your regular medications or any special medications. If so, take them with as little water as possible.

## Transportation

You will need transportation to and from the hospital with a responsible adult (18 or older), as you cannot drive for 24 to 48 hours after your procedure due to medication side effects and activity limitations.

You may be transported in a personal vehicle or taxi. However, a responsible adult must remain with you.

## Pre-Procedural Skin Cleansing

If directed by your physician or pre-procedural staff, please purchase Hibiclens at your local drug store. It is available in the pharmacy section.

Hibiclens is a chlorhexidine gluconate antiseptic solution that will reduce the risk of infection at your surgical site.

Please follow these instructions for cleansing your skin:

- Take TWO showers, one the night before and one in the morning before coming to the hospital for your procedure. You must shower – no tub baths.
- Do not shave or wax body hair for at least 48 hours prior to surgery. It is okay to shave facial hair, but do so before showering.
- For your first shower, the night before your procedure:
  - Shampoo your hair and wash your skin with your regular shampoo and soap.
  - After you have rinsed off the regular shampoo and soap from your body, apply the Hibiclens solution using your bare hands. Starting from the neck down, gently scrub your skin. **Do not let the Hibiclens come into direct contact with your hair, scalp, face, mucous membranes or genitalia.**
  - Let the solution sit on your body for three minutes before rinsing it off.

- After you have rinsed off the solution from your body, dry yourself with a clean towel.
- Dress in clean pajamas and sleep on clean sheets. Keep any pets out of the bedroom for the night.
- For your second shower, the morning of your procedure:
  - **Do not** wash with regular soap before using the Hibiclens solution.
  - Apply the Hibiclens solution using your bare hands starting from the neck down and gently scrub your skin. **Do not let the Hibiclens come into direct contact with your hair, scalp, face, mucous membranes or genitalia.**
  - Let the solution sit on your body for three minutes before rinsing it off. Do not wash your body with regular soap after using the Hibiclens solution.
  - After you have rinsed off the solution from your body, dry yourself with a clean towel.
  - Dress in clean clothes to wear to the hospital.
  - Do not apply any creams, lotions, powders, perfumes or deodorant on the day of surgery.

## Day of Your Procedure

- Drink only sips of water to take morning medications.
- Shower on the morning of your procedure.
- Do not use lotions or perfumes.
- You may brush your teeth, but do not swallow.
- Remove all jewelry (including piercings).
- Leave all valuables at home.
- Wear comfortable, loose-fitting clothing.
- Bring the following with you:
  - Photo ID/driver's license
  - Insurance card
  - Copay, if required
  - Copy of advance directive for healthcare or living will
  - Crutches, walker, cane or assistive devices needed
  - If you use oxygen at home, bring enough for transportation to and from the hospital
  - Containers for eyeglasses, contact lenses, dentures, hearing aids, etc.
  - CPAP machine with mask, tubing and setting, if needed
  - Rescue inhaler, if used
  - Toiletries for possible overnight stay
  - Current medication list with dosage and frequency

## Arrival, Check In and Prep

If you are scheduled for a procedure at Inova Heart and Vascular Institute (IHVI) on Inova Fairfax Medical Campus, arrival time is typically two hours before your procedural window. However, you will be told when to arrive at the hospital.

Park in the patient/visitor Gray Garage adjacent to IHVI, or use the valet service at the Inova Fairfax Hospital Surgical Center entrance next to IHVI. Enter the IHVI building on the ground floor, and proceed to the Cath/EP check-in area.

If you are scheduled for a procedure at Inova Alexandria Hospital, arrive one hour before your scheduled time, or as directed by your doctor.

If you are scheduled for a procedure at Inova Loudoun Hospital, arrive 90 minutes before your scheduled time, or as directed by your doctor. Patients scheduled for 8 a.m. procedures should arrive at 7 a.m. When you arrive, go directly to the registration area to check in.

*For hospital locations, directions and parking information, see back page.*

Be aware that emergencies may alter the schedule on the day of your procedure. You will be informed of any changes that affect your procedure's start time.

### Once You Check In:

- You will wait for a nurse to escort you to the pre-procedural area.
- You will be escorted to your private admission bay.
- You will be asked to empty your bladder before the procedure.
- You will be asked to change into a hospital gown and nonskid socks.
- You will leave all assistive devices (crutches, canes, walkers, wheelchairs, portable oxygen, etc.) with the responsible adult who has accompanied you.
- A nurse will complete your admission, obtain vital signs and medical history, and review the procedure with you.
- A clinical research coordinator may meet with you if you have agreed to enroll in a research trial or are eligible for one.
- An intravenous (IV) line will be placed in one of your veins so you can receive fluids and medicines during the procedure.

## Accompanying Family/Friends

### Before Your Procedure

A limited number of family/friends may accompany you to your procedure. Once your admission process is completed, they may join you during the pre-procedural phase.

### During Your Procedure

Your guests may wait in the reception area or visit other hospital areas. They will be given a form with a unique identifier to follow you through the procedural process on the electronic boards in the waiting area.

### After Your Procedure

When the procedure is complete, family/friends will be invited to rejoin you in the recovery area. Your physician will speak with you and your family after the procedure.

## During Your Procedure

Your EP procedure may take from one to four hours. Your physician and anesthesiologist will speak with you before the procedure to obtain a brief medical history and answer any questions you may have.

The team caring for you includes your physician, registered nurses, cardiovascular technologists, and an anesthesiologist or nurse anesthetist. During the procedure, team members may wear masks and gowns to keep the area sterile.

Once in the EP lab, you will lie on the operating room table. Special monitoring equipment will be placed on your back and chest. Foam padding will be placed on your feet, hands and elbows for your comfort and protection.

Your physician will determine the medications necessary to keep you comfortable during the procedure. This will be discussed with you beforehand.

Special monitors will be in the room for X-ray and electrocardiogram readings. The room will be cool; warm blankets will be provided.

## Immediately After Your Procedure

### EP Study and Ablation Patients

- When the procedure is complete, the catheters will be removed and manual pressure will be applied at the puncture site for 10-20 minutes to prevent bleeding.
- Once bleeding has stopped, a bandage will be placed over the site.
- If an arterial catheter was placed, a pressure dressing will be used at the site. It is very important that you lie still for four to six hours after the procedure to prevent any bleeding or bruising.

- Do not lift your head off the pillow or bend your knees.
- If bleeding or bruising does occur, pressure will be held on the site, and you will need to lie still for another four hours.
- You may remove the bandage 24 hours after your procedure.
- You may shower 24 hours after your procedure, but do not reapply the bandage.

### ICD/Pacemaker Patients

If you received a device implant, you will need to keep the arm on the implant side still. A sling will be placed on your arm to remind you not to raise it above your chest and not to lift anything.

### All Patients

#### Activity

- Carry your ID card with you at all times.
- Do not drive for at least 24 hours after your procedure.
- Rest the first day, gradually increasing activity to normal over the next several days.
- Avoid stairs if possible for the first 24 hours. If you must use stairs, take them one at a time, leading with your unaffected leg. Hold pressure on your groin site if you have an access line there.
- Do not lift anything that is 10 pounds or heavier for the next five to seven days. That includes pushing, pulling, dragging or moving.
- Do not engage in strenuous activity for the next five days. Do not attempt anything that may cause fatigue, shortness of breath, perspiration or chest pain.

### Wound and Incision Care

- Do not remove the Steri-Strips. They will fall off on their own.
- No tub baths, hot tubs or sitting in water for the next seven days.
- You may shower 24 hours after your procedure. Leave the bandage on and let the water passively flow over the site.
- Do not remove the occlusive dressing over the puncture site for 48 hours after your procedure.
- Do not apply creams, powders, lotions or ointments at the site.
- Do not rub, scrub, pick, scratch or even use a washcloth over the puncture site.

- If the puncture site does not look like it is healing – if it is red, hot to the touch, has discharge or if you are running a fever of more than 100° F – immediately call the physician who performed the procedure.

### Normal Observations

- You may feel a small lump about the size of an olive pit in the area of your puncture site.
- You may have some tenderness, bruising and soreness in the area of your puncture that may last for one week.
- You can take acetaminophen (such as Tylenol) for pain. Talk to your physician about whether you may take aspirin or ibuprofen.
- For a few days, you may feel some skipped heart beats, short bursts of rapid heart rate or dizziness when you rise.

### Call 911 if:

- You experience chest pain or anginal symptoms. Speak with your physician about this before discharge.
- You notice bleeding, either through the dressing or underneath the skin. If the blood is trapped under the skin, the area will hurt and become swollen and hard. If this happens, lie down flat, hold pressure on the site and call 911.
- Your leg becomes cold, numb, painful or grayish in color.

### Prescriptions

Your care team will ensure your prescribed medication will be available for you to pick up at the pharmacy of your choice.

For your convenience, Inova Fairfax Medical Campus has an onsite retail pharmacy, Inova Pharmacy Plus, located on the ground floor of IHVI and inside the Emergency Room.

For more information regarding Inova Pharmacy Plus, visit [inova.org/pharmacyplus](http://inova.org/pharmacyplus)

### Driving Restrictions

If you received conscious sedation or anesthesia, you cannot drive for the next 24 hours. If the radial artery was used for the access site, you cannot drive for the next 48 hours. You must get a ride home with a responsible adult (18 or over) and provide us with the name of the person who will take you home.

## Important Phone Numbers

### Inova Fairfax Hospital

Interventional Cardiovascular Admission  
and Recovery (ICAR).....703.776.7050  
Cath Lab Fax.....703.776.6700  
Scheduling Office .....703.776.2393

### Inova Alexandria Hospital

Cardiovascular and Interventional  
Radiology Department.....703.504.7950  
Cath Lab Fax.....703.504.3287

### Inova Loudoun Hospital

Inova Heart and Vascular Institute,  
Loudoun Campus.....703.858.8660  
Cath Lab Fax:.....703.858.8670

## Additional Phone Numbers

Your physician:

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### Financial Services:

Inova Alexandria Hospital.....703.504.3069  
Inova Fairfax Hospital.....571.423.5750  
Inova Loudoun Hospital .....703.858.8091

## Notice of Nondiscrimination

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

This policy is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 1557 of the Affordable Care Act, and regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at 45 C.F.R. Parts 80, 84, 91 and 92, respectively.

Inova:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats and other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please let our staff know of your needs for effective communication.

If you believe that Inova has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance by calling **703.205.2175**. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Patient Relations staff is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Ave., SW  
Room 509F, HHH Building  
Washington, DC 20201

**1.800.868.1019, 800.537.7697 (TDD)**

Complaint forms are available at  
<http://www.hhs.gov/ocr/office/file/index.html>



# Interpreter Services are available at no cost to you.

## Please let our staff know of your needs for effective communication.

<b>Spanish</b>	Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
<b>Korean</b>	알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.
<b>Vietnamese</b>	Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.
<b>Chinese</b>	注意: 如果你說中文, 可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。
<b>Arabic</b>	انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.
<b>Tagalog</b>	Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyong tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.
<b>Farsi</b>	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.
<b>Amharic</b>	ትኩረት: አማርኛ የሚናገሩ ከሆነ ለአርሰዎ የቋንቋ ድጋፍ አግልግሎቶች ከክፍያ በነጻ ይቀርብልዎታል። ወጤታማ የሆነ ኮሚኒኬሽንን የሚፈልጉ ከሆነ ሰራተኞቻችን እንዲያውቅ ያድርጉ።
<b>Urdu</b>	توجه: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ آپ کو مواصلت کے لیے برائے مہربانی ہمارے عملہ کو اپنی ضروریات کے بارے میں بتلا دیں۔
<b>French</b>	Attention: Si vous parlez Français, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.
<b>Russian</b>	Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.
<b>Hindi</b>	कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए नि:शुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।
<b>German</b>	Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.
<b>Bengali</b>	দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।
<b>Kru (Bassa)</b>	Tò Ìdùú Nòmò Dyiín Cáo: Ǿ jũ ké ìm dyi Gòdǿǿ-wùdù (Básǿǿ-wùdù) pò ní, níí, à bédé gbo-kpá-kpá bó wudu-dù kò-kò pò-nyò bē bì nǿ à gbo bó pídyi. Ì dyi dè dè mǿ nǿ à gbo ní, ìm mē nyue bē à kǿ-nyò bēò kée dyi dyuò, ké à kè mǿ kè mue jè cèir nòmò dyiín.
<b>Ibo</b>	Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n'efu, dịjịrị gị. Biko mee ka ndị ọrụ anyị mara mkpa gị maka nkwekọrịta ga-aga nke ọma.
<b>Yoruba</b>	Akiyesi: Bi o ba nsọ Yoruba, awọn iṣẹ iranlọwọ ede wa l'ofẹ fun ọ. Jọwọ jẹ ki ara ibiṣe wa mọ nipa awọn aini rẹ fun ibaraenisọrọ ti o munadoko.



## Locations and Directions

**Inova Alexandria Hospital  
Inova Heart and Vascular Institute  
4320 Seminary Rd.  
Alexandria, VA 22304  
703.504.3000**

### Parking

Free parking is available in the general parking lot across N. Howard Street. Free valet parking is available at the patient entrance, Monday through Friday, 5:30 a.m. – 7:30 p.m.

### Driving Directions

#### **From Arlington or Washington, DC:**

Take I-395 South to Seminary Road exit. Turn left to exit east. Go four blocks. The hospital is on the right, at the corner of Seminary Road and N. Howard Street.

**From Richmond:** Take I-95 North to Springfield. You will have a choice of I-495, I-395 and I-95. Continue onto 395 North to Seminary Road. Turn right to exit east. Go four blocks. The hospital is on the right, at the corner of Seminary Road and N. Howard Street.

**Inova Fairfax Medical Campus  
Inova Heart and Vascular Institute  
3300 Gallows Rd.  
Falls Church, VA 22042  
703.776.4001**

### Patient Entrance and Parking

Enter Inova Fairfax Medical Campus from Woodburn Road onto Wellness Boulevard. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, enter the Gray Garage on your right and park. Take the elevator to Level G. Enter the building on the ground floor and proceed down the hall to the Cardiac Cath Lab/EP Lab check-in desk.

### Driving Directions

#### **Via I-495 (Capital Beltway)**

**From the North (Tysons):** Take Exit 51. At the top of the ramp, cross Gallows Road onto Woodburn Road. At the first light turn right onto Wellness Blvd. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray garage on your right.

#### **From the South (Alexandria/Springfield):**

Take Exit 51. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left onto Woodburn Road. Go to first traffic light and turn right onto Wellness Boulevard. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray Garage on your right.

#### **Via Rt. 50**

**From the West (Fairfax):** Exit onto 650/Gallows Road. At the top of the ramp, bear right onto Gallows Road. Proceed on Gallows Road and turn right onto Woodburn Road. Go to first traffic light and turn right onto Wellness Boulevard. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute on your right, and enter the Gray Garage on your right.

#### **From the East (Washington/Falls**

**Church):** Pass under I-495 and exit onto 650/Gallows Road. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road, and turn right onto Woodburn Road. Go to first traffic light and turn right onto Wellness Boulevard. Pass Inova Fairfax Hospital Surgery Center and Inova Heart and Vascular Institute, and enter the Gray Garage on your right.

**Inova Loudoun Hospital  
Schaufeld Family Heart Center  
44035 Riverside Pkwy., Suite 120  
Leesburg, VA 20176  
703.858.8660**

### Parking

Free valet parking is available in the parking deck in front of Physician Offices II (Building 44035).

### Driving Directions

#### **From Leesburg and Points West:**

Take Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance.

#### **From Tysons Corner and Points East:**

Take Route 7 West. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance.

#### **From Dulles South and Points South:**

Take Loudoun County Parkway. Turn left onto Evergreen Mills Road. Turn right onto Belmont Ridge Road. Turn right onto Route 7 East. Exit onto Lansdowne Boulevard. Turn right at the first stop sign onto Riverside Parkway. Take the first right into the hospital main entrance.