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PATIENT & CAREGIVER EDUCATION

# Instructions for Interventional Radiology Procedures

This information will help you get ready for your interventional radiology procedure at MSK.

Your healthcare provider has referred you for a procedure called a(n)

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## What to do before your procedure

### Ask about your medicines

You may need to stop taking some of your usual medicines before your procedure. Talk with your healthcare provider about which medicines are safe for you to stop taking.

**We've included some common examples below, but there are others. Make sure your care team knows all the prescription and over-the-counter medicines you take.** A prescription medicine is one you can only get with a prescription from a healthcare provider. An over-the-counter medicine is one you can buy without a prescription.



It is very important to take your medicines the right way in the days leading up to your procedure. If you don't, we may need to cancel your procedure.

### **Blood thinners (anticoagulants)**

A blood thinner is a medicine that changes the way your blood clots.

If you take a blood thinner, ask the healthcare provider doing your

procedure what to do before your procedure. They may tell you to stop taking the medicine a certain number of days before your procedure. This will depend on the type of procedure you're having and the reason you're taking a blood thinner.

Examples of common blood thinners are listed below. There are others, so be sure your care team knows all the medicine you take. **Do not stop taking your blood thinner without talking with a member of your care team.**

- Apixaban (Eliquis<sup>®</sup>)
- Aspirin
- Celecoxib (Celebrex<sup>®</sup>)
- Cilostazol (Pletal<sup>®</sup>)
- Clopidogrel (Plavix<sup>®</sup>)
- Dabigatran (Pradaxa<sup>®</sup>)
- Dalteparin (Fragmin<sup>®</sup>)
- Dipyridamole (Persantine<sup>®</sup>)
- Edoxaban (Savaysa<sup>®</sup>)
- Enoxaparin (Lovenox<sup>®</sup>)
- Fondaparinux (Arixtra<sup>®</sup>)
- Heparin (shot under your skin)
- Meloxicam (Mobic<sup>®</sup>)
- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>) and naproxen (Aleve<sup>®</sup>)
- Pentoxifylline (Trental<sup>®</sup>)
- Prasugrel (Effient<sup>®</sup>)
- Rivaroxaban (Xarelto<sup>®</sup>)
- Sulfasalazine (Azulfidine<sup>®</sup>, Sulfazine<sup>®</sup>)
- Ticagrelor (Brilinta<sup>®</sup>)
- Tinzaparin (Innohep<sup>®</sup>)
- Warfarin (Jantoven<sup>®</sup>, Coumadin<sup>®</sup>)

Other medicines and supplements can change how your blood clots. Examples include vitamin E, fish oil, and nonsteroidal anti-inflammatory drugs (NSAIDs). Ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>) and naproxen (Aleve<sup>®</sup>) are examples of NSAIDs, but there are many others.

Read *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* ([www.mskcc.org/pe/check-med-supplement](http://www.mskcc.org/pe/check-med-supplement)). It will help you know which medicines you may need to avoid before your

procedure.

## **Diabetes medicines**

If you take insulin or other diabetes medicines, ask the healthcare provider who prescribes it what to do before your procedure. You may need to stop taking it or take a different dose (amount) than usual. You may also need to follow different eating and drinking instructions before your procedure. Follow your healthcare provider's instructions.

Your care team will check your blood sugar levels during your procedure.

## **Weight loss medicines**

If you take medicine for weight loss, ask the healthcare provider doing your procedure what to do before your procedure. You may need to stop taking it, follow different eating and drinking instructions before your procedure, or both. Follow your healthcare provider's instructions.

Examples of medicines that cause weight loss are listed below. There are others, so make sure your care team knows all the medicines you take. Some of these are meant to be used to help manage diabetes but are sometimes prescribed just for weight loss.

- Semaglutide (Wegovy<sup>®</sup>, Ozempic<sup>®</sup>, Rybelsus<sup>®</sup>)
- Empagliflozin (Jardiance<sup>®</sup>)
- Liraglutide (Saxenda<sup>®</sup>, Victoza<sup>®</sup>)
- Dulaglutide (Trulicity<sup>®</sup>)
- Tirzepatide (Zepbound<sup>®</sup>, Mounjaro<sup>®</sup>)

## **Diuretics (water pills)**

A diuretic is a medicine that helps control fluid buildup in your body.

If you take a diuretic, ask the healthcare provider doing your procedure what to do before your procedure. You may need to stop taking it the day of your procedure.

Examples of common diuretics are listed below. There are others, so be sure your care team knows all the medicines you take.

- Bumetanide (Bumex®)
- Hydrochlorothiazide (Microzide®)
- Furosemide (Lasix®)
- Spironolactone (Aldactone®)

## **Manage your on-skin devices**

Tell your healthcare provider if you use an on-skin device, such as a continuous glucose monitor (CGM) or insulin pump. They will give you specific instructions on how to manage these devices during your procedure. They may have you schedule your appointment closer to when you need to change your sensor or insulin infusion set.

## **Arrange for someone to take you home**

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's a charge for this service, and you'll need to provide transportation. It's OK to use a taxi or car service, but you still need a responsible care partner with you.

### **Agencies in New York**

VNS Health: 888-735-8913

Caring People: 877-227-4649

### **Agencies in New Jersey**

Caring People: 877-227-4649

## **Tell us if you're sick**

If you get sick (including having a fever, cold, sore throat, or flu) before your procedure, call your IR doctor. You can reach them Monday through Friday from 9 a.m. to 5 p.m.

After 5 p.m., during the weekend, and on holidays, call 212-639-2000. Ask for the Interventional Radiology fellow on call.

## **Note the time of your appointment**

A staff member will call you 2 business days before your procedure. If your procedure is scheduled for a Monday, they'll call you on the Thursday before. They'll tell you what time to get to the hospital for your procedure. They will also remind you where to go.

**Use this area to write down the date, time, and location of your procedure:**

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If you don't get a call by noon (12 p.m.) on the business day before your procedure, call 646-677-7001. If you need to cancel your procedure for any reason, call the healthcare provider who scheduled it for you.

## **What to do the day before your procedure**

### **Instructions for eating**

**Stop eating at midnight (12 a.m.) the night before your procedure.** This includes hard candy and gum.

If your healthcare provider told you to stop eating earlier than midnight, follow their instructions. Some people need to fast (not eat) for longer before their procedure.



# What to do the day of your procedure

## Instructions for drinking

Between midnight (12 a.m.) and 2 hours before your arrival time, only drink the liquids on the list below. Do not eat or drink anything else. Stop drinking 2 hours before your arrival time.

- Water.
- Clear apple juice, clear grape juice, or clear cranberry juice.
- Gatorade or Powerade.
- Black coffee or plain tea. It's OK to add sugar. Do not add anything else.
  - Do not add any amount of any type of milk or creamer. This includes plant-based milks and creamers.
  - Do not add honey.
  - Do not add flavored syrup.

If you have diabetes, pay attention to the amount of sugar in these drinks. It will be easier to control your blood sugar levels if you include sugar-free, low-sugar, or no added sugar versions of these drinks.

It's helpful to stay hydrated before procedures, so drink if you are thirsty. Do not drink more than you need. You will get intravenous (IV) fluids during your procedure.



**Stop drinking 2 hours before your arrival time.** This includes water.

## Things to remember

- Take only the medications your healthcare provider told you to take the morning of your procedure. Take them with a few sips of water.
- Don't apply cream or petroleum jelly (Vaseline®). You can use deodorant and light moisturizers.
- Don't wear eye makeup.
- Remove any jewelry, including body piercings.
- Leave all valuables, such as credit cards and jewelry, at home.
- If you wear contact lenses, wear your glasses instead, if possible. If you don't have glasses, bring a case for your contacts.

## What to bring with you

- A list of the medications you take at home.
- Medications for breathing problems (such as inhalers), medications for chest pain, or both.
- A case for your glasses or contacts.
- Your Health Care Proxy form and other advance directives, if you completed them.
- If you use a CPAP or BiPAP machine to sleep at night, bring your machine with you, if possible. If you can't bring your machine with you, we'll give you one to use while you're in the hospital.

## What to expect when you arrive

You'll be asked to say and spell your name and birth date many times. This is for your safety. People with the same or a similar name may be having a procedure on the same day.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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