



Instructions for St. Luke's Episcopal Hospital

# 6 Tower & Cardiac Catheterization Lab

**We hope the following information will make this visit easier for you and your family. Please do not hesitate to let us know if you need assistance.**

## 6 TOWER

### Outpatient Services

832-355-3346

Mon.–Fri.

5:30 a.m.–11:00 p.m.

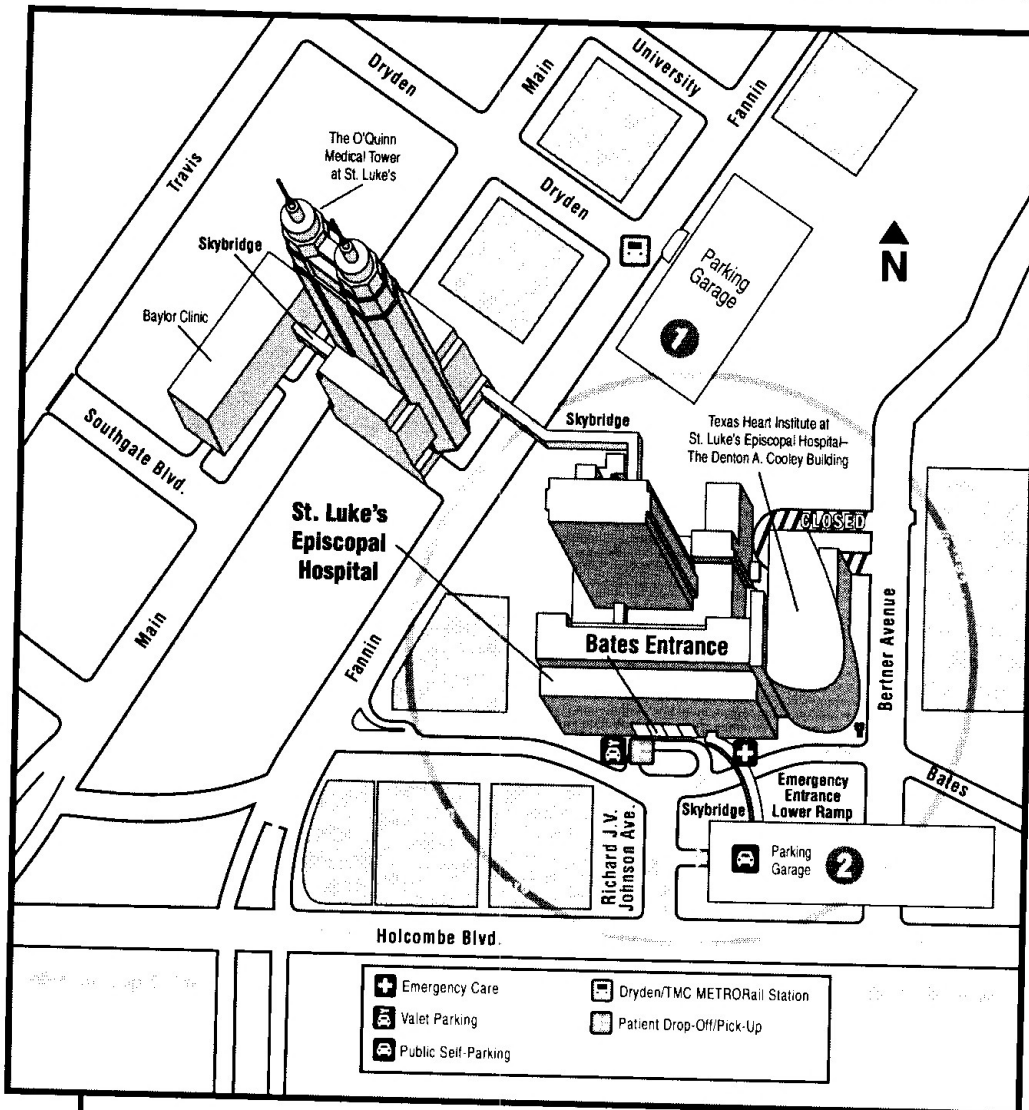
Please arrive to **St. Luke's Episcopal Hospital** 6 Tower Outpatient Unit at \_\_\_\_\_

(TIME GIVEN BY PHYSICIAN)

Follow the signs toward the Denton A. Cooley Building. Take the **Green Elevators, located in the Cooley Building**, to the sixth floor and turn to the desk on your right. Check-in with the receptionist when you arrive on the day of your procedure.

- **Plan to spend the day.** Patients scheduled as first cases (7:00 a.m.) should arrive at St. Luke's Episcopal Hospital by 5:30 a.m. Unless instructed by your physician, we recommend you arrive three hours before your planned procedure since schedule changes may occur. The nursing staff will inform you of any delays. Bed rest for 6-8 hours may be required following your procedure.
- **Do not eat or drink anything**—not even water—after midnight the night before. Gum, mints or hard candies are not allowed. Also, please refrain from smoking.
- Bring a list of all medications you are currently taking and a list of allergies (unless you provided this information during your visit to St. Luke's Preadmission Testing Center). Please check with your physician about taking any medications before your procedure.
- **Do not bring valuables** (jewelry, money, credit cards, laptop computers or expensive clothing) with you to the hospital. The only exception is the admission deposit, if required, for your surgery. **We do not have the capability to secure valuables.**
- Please do not bring additional belongings (**especially wheelchairs**) with you when checking in on the day of surgery. We do not have the capabilities to secure these belongings while you are in surgery. You may pack an overnight bag and **leave it in your car** in the event it is necessary for you to spend the night in the hospital.
- If you own a wheelchair, please do not bring it to the hospital until the day of discharge. You may bring it into the hospital only if you are going home the same day.
- Please do not wear makeup, especially eye makeup or nail polish. Wear comfortable, loose clothing, allowing room for bulky bandages. If you wear contact lenses, please bring supplies to remove them or wear your glasses.
- Bring a pillow, blanket and towel, and **leave them in the car for your comfort going home.** You may continue to drink clear liquids once you arrive home and gradually advance to solid foods (unless instructed otherwise by your physician).
- Use of cellular phones is limited in the hospital due to possible interference with medical equipment. Please leave them at home or in your car.
- **One family member** may be with you in 6 Tower before surgery. After surgery, you will spend approximately two or more hours in recovery. You will be permitted to have one family member stay with you once you have completed the initial recovery phase. Please ask your family members to inform the receptionist in the waiting room if they need to leave the area.
- If your physician writes a prescription after your surgery, you may find it convenient to have it filled at the O'Quinn Medical Tower (OQMT) Pharmacy, located in the lobby on the first floor of the OQMT.
- When you go home, you will not be permitted to drive yourself or take public transportation. **You must have a responsible adult drive you home upon discharge.** We strongly encourage you to have someone stay with you at home for the first 24 hours. You may take a cab only if a responsible adult accompanies you, not including the cab driver. It is recommended that two adults accompany children—one to drive and one to tend to the child.
- Patients who are admitted to the hospital should plan to be picked up as soon as possible after they are discharged.
- Call Registration at 832-355-0000, option 3, as soon as you have scheduled the procedure with your physician. **Please have your insurance information available when you call.**

# 6 Tower & Cardiac Catheterization Lab 6720 Bertner Ave.



## DRIVING DIRECTIONS

### From Bush Intercontinental Airport/ US-59 South:

- Depart Intercontinental Airport onto Will Clayton Blvd.
- Take Will Clayton to US-59 South
- Take US-59 South for 17 miles
- Take the TX-288 South exit toward Freerport/Lake Jackson
- After two miles, take the Holcombe Blvd./Old Spanish Trail exit
- Turn right onto Holcombe Blvd.
- After one and a half miles, turn right on Richard J.V. Johnson Ave.

### From Hobby Airport/I-45 North:

- Depart Hobby Airport onto Broadway
- Take Broadway to I-45 North
- Exit I-45 North onto the 610 Loop West
- Follow 610 Loop West and exit TX-288 North toward downtown
- After less than one mile on TX-288, take the Yellowstone Blvd. exit. After one half mile, turn left onto Holcombe Blvd.
- After one and a half miles, turn right on Richard J.V. Johnson Ave.

### From San Antonio (traveling East):

- I-10 East to I-610 South to US-59 North
- Take Kirby Dr. exit South (turn right)
- After two miles, turn left onto Holcombe Blvd.
- After one mile, turn left on Richard J. V. Johnson Ave.

### From New Orleans, LA (traveling West):

- I-10 West to US-59 South to TX 288 South
- After two miles, take the Holcombe Blvd./Old Spanish Trail exit
- Turn right onto Holcombe Blvd.
- After one and a half miles, turn right on Richard J.V. Johnson Ave.

### From Dallas (traveling South):

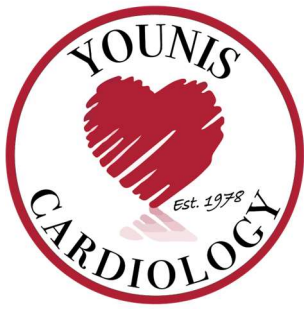
- I-45 South to TX 288 South
- After two miles, take the Holcombe Blvd./Old Spanish Trail exit
- Turn right onto Holcombe Blvd.
- After one and a half miles, turn right on Richard J.V. Johnson Ave.

### From US-59 (traveling North):

- US-59 North
- Take Kirby Dr. exit South (turn right)
- After two miles, turn left onto Holcombe Blvd.
- After one mile, turn left on Richard J.V. Johnson Ave.

## WHEN YOU ARRIVE

Drop-off the patient and/or valet park at the Bates Street entrance. Self-parking is available in Garage 2, which is across Bates Street from St. Luke's Episcopal Hospital. From the Bates entrance, follow the signs to the Green Elevators. Take the Green Elevator to the sixth floor. The 6 Tower Outpatient check-in desk will be to the right of the elevators.



6560 Fannin, Suite 1750  
Houston, TX 77030  
713-790-0400

**Please consult the physician managing your diabetes prior to holding any diabetic medication for alternative blood sugar control.**

**If you take the following GLP-1 Receptor Agonist, please hold the day of the procedure, and restart the next day after you resumed a normal diet:**

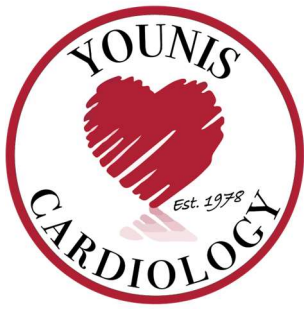
Brand Name	Generic Name	Dosing Frequency
Byetta	exenatide (IR)	Twice daily injection
Saxenda, Victoza	liraglutide	Once daily injection
Adlyxin	lixisenatide	Once daily injection
Rybelsus	semaglutide	Once daily Oral
Byetta	exenatide (IR)	Twice daily injection

**If you take the following GLP-1 Receptor Agonist, please hold one week prior to the procedure, and restart the next day after you resumed a normal diet:**

Brand Name	Generic Name	Dosing Frequency
Trulicity	dulaglutide	Once a week injection
Bydureon BCise	exenatide (ER)	Once a week injection
Ozemic, Wegovy, others	semaglutide	Once a week injection
Mounjaro	Tirzepatide	Once a week injection

**If you are taking one of the following SGLT2 Inhibitors, please hold 3 days prior and 3 days post procedure and you have resumed a normal diet.**

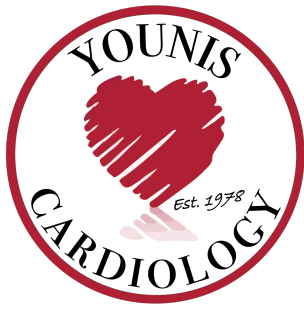
Brand Name	Generic Name
Brenzavvy	bexagliflozin
Invokana	canadliflozin
Farxiga	dapagliflozin
Jardiance	empagliflozin
Steglatro	ertugliflozin



6560 Fannin, Suite 1750  
Houston, TX 77030  
713-790-0400

**If you are taking one of the following medications that contain metformin, it is very important to NOT TAKE it the DAY OF the procedure AND 48 HOURS AFTER the procedure.**

<b>Brand Name</b>	<b>Generic Name</b>
Glucophage, Glucophage XR, Glumetza, Fortamet, Riomet	metformin
Metaglip	glipizide/metformin
Glucovance	glyburide/metformin
ActoplusMet	pioglitazone/metformin
AvandaMet	rosiglitazone/metformin
Janumet	sitagliptin/metformin
PrandiMet	repaglinide/metformin
Kazano	alogliptin/metformin
Ivokamet	canagliflozin/metformin
Xigduo XR	dapagliflozin/metformin
Synjardy	empagliflozin/metformin
Jentadueto	linagliptin/metformin
Kombiglyze XR	metformin/saxagliptin



Scurlock Tower  
6560 Fannin, Suite 1750  
Houston, TX 77030  
713-790-0400

## **Instructions for PDE5 Inhibitors**

If you are taking any of the follow medications, please **DO NOT TAKE** them for 3 days prior to the procedure as it may lead profound drop in your blood pressure.

Viagra

Levitra

Cialis

If you have any questions please call 713-790-0400.



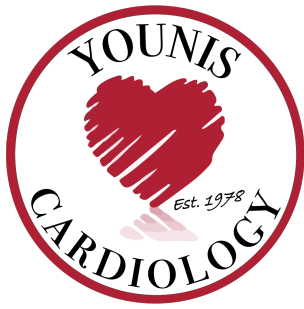
Scurlock Tower  
6560 Fannin, Suite 1750  
Houston, TX 77030  
713-790-0400

## **Instructions for Iodine Allergy**

Take Prednisone 50 mg tablet at each of these times:

- The night before the procedure and
- The morning of the procedure and
- On arrival to the facility for the procedure

If you have any questions please call 713-790-0400.



Scurlock Tower  
6560 Fannin, Suite 1750  
Houston, TX 77030  
713-790-0400

## **What to do with your blood thinners before your angiogram.**

If you are taking Coumadin (warfarin), please discontinue use 5 days prior and make arrangements to have a PT/INR done first thing in the morning the day before your procedure. The blood test will need to be done stat (meaning it is resulted the same day). It is important that you call our office around noon that day for results.

If you are taking any one of the following blood thinners, please discontinue use 2 days prior to your procedure. No blood test is needed.

Eliquis (apixaban)

Pradaxa (dabigatran)

Xarelto (rivaroxaban)