



CARDIAC OBSERVATION UNIT

Welcome to the Cardiac Observation Unit. The staff at St. Luke's Regional Medical Center look forward to caring for you in the Cardiac Observation Unit (COU). The COU is an admission/ recovery area for patients having outpatient cardiac catheterizations, elective cardioversions, pacemaker insertions, angioplasty and stent procedures. Open heart and vascular surgery patients also may come to the unit before their surgery for preoperative preparation. The nine-bed unit is located on the third floor of the east wing of the hospital. All rooms are private.

Scheduling

Your physician's office will schedule an admission date and time, and the COU will be notified of your planned procedure. Your physician's office nurse will give you the time to arrive at St. Luke's Regional Medical Center. Since it may create a longer waiting time for you, please do not arrive earlier than your designated time. The actual procedure time can vary depending on unexpected emergencies that can shift scheduled cases. You may want to bring a book or other distractions to pass the time if there is a delay. If you are unable to keep your scheduled appointment, please notify your physician's office as soon as possible.

Parking

Convenient parking is available across the street from St. Luke's main entrance. Valet parking is available at no charge. Tipping is not permitted.

Admission

The day before your procedure you will receive a pre-admission telephone call from a nurse confirming admission time and health information. On the day of your procedure, go to the information desk (located in hospital lobby) and present the express admit card. You will then be escorted to the COU.

On the day of admission please bring photo ID, insurance cards, living wills, and current medication lists. Your doctor will tell you which medications to take on the morning of your procedure. Please bring minimal belongings and leave jewelry and valuables at home. Please shower or bathe the evening before or morning of your procedure.

On admission you will be asked to sign consents, complete additional health information and prepare for your procedure. Your physician's orders may include an EKG, chest x-ray, and blood work. You will be given a pre-op sedative (on call) as well as other medications prescribed for you. Your groin and/or shoulder area will be shaved. Once pre-procedure orders are completed you will be placed on the on-call list and will then wait to be called when your physician is ready for you.

Recovery / Discharge

Generally a 5-6 hour recovery time in bed is ordered after most cardiac cath lab procedures. Lying flat in bed with the affected leg kept still is needed to prevent bleeding from the puncture site. Your nurse can assist you with position changes after the puncture site is stable. You will need to drink plenty of fluids and a meal will be provided.

When recovery is complete you can get up out of bed and walk around the unit. If the puncture site remains stable then discharge education materials will be reviewed in preparation for discharge. You will be unable to drive for 24 hours after your procedure. Please arrange for a driver to take you home.

Waiting Room

The Coronary Care waiting room (located on the 3rd floor) is preferred for family members to wait during your procedure. It is down the hall from the COU. Your physician will return to the waiting room to talk to your family upon completion of the study. If you are admitted to another unit after the procedure, your family will be directed to that unit. Open visitation is allowed and we ask for immediate family members only because space is limited. There are restrooms, a deli, and guest quarters available for family members.

Again, welcome to the St. Luke's Regional Medical Center. If you have any questions, please do not hesitate to contact us at (208) 381-3560 (M-F, 6 am - 9 pm).

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