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You may need to stop taking some of your usual medicines before your procedure. Or, you may need to take a different dose (amount) than usual. Talk with your healthcare provider about how to take your medicines before your procedure. Do

not change how you take your medicines without talking with a healthcare provider.

This section lists some examples of medicines, but there are many others. **Make sure your care team knows all the prescription medicines, over-the-counter medicines, and dietary supplements 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's very important to take your medicines and supplements the right way in the days before your procedure. If you don't, we may need to reschedule your procedure.

Anticoagulants (blood thinners)

A blood thinner is a medicine that changes how your blood clots. Blood thinners are often prescribed to help prevent a heart attack, stroke, or other problems caused by blood clots.

If you take a blood thinner, ask your healthcare provider what to do before your procedure. They may tell you to stop taking it 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.

Here are some examples of blood thinners. There are others, so be sure your care team knows all the medicines you take. Do not stop taking your blood thinner without talking with a member of your care team.

• Apixaban (Eliquis®) • Aspirin • Celecoxib (Celebrex®) • Cilostazol (Pletal®) • Clopidogrel (Plavix®) • Dabigatran (Pradaxa®) • Dalteparin (Fragmin®) • Dipyridamole (Persantine®) • Edoxaban (Savaysa®) • Enoxaparin (Lovenox®) • Fondaparinux (Arixtra®) • Heparin injection (shot)	• Meloxicam (Mobic®) • Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil®, Motrin®) and naproxen (Aleve®) • Pentoxifylline (Trental®) • Prasugrel (Effient®) • Rivaroxaban (Xarelto®) • Sulfasalazine (Azulfidine®, Sulfazine®) • Ticagrelor (Brilinta®) • Tinzaparin (Innohep®) • Warfarin (Jantoven®, Coumadin®)
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Other medicines and supplements can change how your blood clots. Examples include vitamin E, fish oil, and nonsteroidal anti-inflammatory drugs (NSAIDs). Read *How To Check if a Medicine or Supplement Has Aspirin, Other NSAIDs, Vitamin E, or Fish Oil* (www.mskcc.org/cancer-care/patient-education/common-medications-containing-aspirin-and-other-nonsteroidal-anti-inflammatory-drugs-nsaids). It will help you know which medicines and

supplements you may need to avoid before your procedure.

Diabetes medicines

You may be taking insulin or other diabetes medicines. If so, talk with your MSK healthcare provider and the healthcare provider who prescribes it. Ask them what to do before your surgery or procedure. You may need to stop taking the medicine or take a different dose (amount) than usual. You may also need to follow different eating and drinking instructions before your surgery or procedure. Follow your healthcare provider's instructions.

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

GLP-1 medicines for weight loss

You may be taking a GLP-1 medicine. If so, it's important to tell your healthcare provider. You will need to follow special eating and drinking instructions before your surgery or procedure. It is very important to follow these instructions. If you do not follow them, your surgery or procedure may be delayed or canceled.

- Follow a clear liquid diet the day before your surgery or procedure. Do not eat any solid food. Read *Clear Liquid Diet* (www.mskcc.org/cancer-care/patient-education/clear-liquid-diet) to learn more.

- Stop drinking 8 hours before your arrival time. Do not eat or drink anything after this time, including clear liquids. You can have small sips of water with your medicines.

To learn more, read *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines*

(www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines).

Here are some examples of GLP-1 medicines. There are others, so be sure your care team knows all the medicines you take. Sometimes, these are prescribed to help manage diabetes or other conditions. Other times, they're prescribed for weight loss.

• Semaglutide (Wegovy®, Ozempic®, Rybelsus®) • Dulaglutide (Trulicity®)	• Tirzepatide (Zepbound®, Mounjaro®) • Liraglutide (Saxenda®, Victoza®)
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Diuretics (water pills)

A diuretic is a medicine that helps control fluid buildup in your body. Diuretics are often prescribed to help treat hypertension (high blood pressure) or edema (swelling). They can also be prescribed to help treat certain heart or kidney problems.

You may be taking a diuretic. If so, 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.

Here are some examples of diuretics. There are others, so be sure your care team knows all the medicines you take.

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

The study was conducted in a hospital setting, involving a cohort of patients with Type 2 Diabetes Mellitus (T2DM) who were newly diagnosed or had been diagnosed within the last five years. The participants were recruited from the endocrinology and primary care clinics. The study was approved by the Institutional Review Board (IRB) of the participating institution.

The primary objective of the study was to evaluate the effectiveness of a structured patient education program in improving glycemic control (HbA1c levels) and patient adherence to medical therapy. The secondary objectives included assessing the impact of the program on patient knowledge, self-management skills, and quality of life.

The study was a randomized controlled trial (RCT) with two groups: an intervention group and a control group. The intervention group received a structured patient education program, while the control group received standard care. The intervention program was designed to provide comprehensive information about T2DM, its complications, and the importance of adherence to therapy. It included topics such as diet, exercise, medication management, and regular monitoring of blood glucose levels.

The study was conducted over a period of 12 weeks. Data collection was performed at baseline, 4 weeks, 8 weeks, and 12 weeks. The primary outcome measure was the change in HbA1c levels from baseline to 12 weeks. Secondary outcome measures included patient knowledge scores, self-management scores, and patient satisfaction scores.

The results of the study showed that the intervention group had significantly lower HbA1c levels compared to the control group at 12 weeks. Additionally, the intervention group showed improvements in patient knowledge, self-management skills, and patient satisfaction. These findings suggest that the structured patient education program is effective in improving glycemic control and patient adherence in T2DM patients.

The study has several limitations. First, the study was conducted in a hospital setting, which may limit the generalizability of the findings to community-based settings. Second, the study was a short-term study, and the long-term effects of the program need to be evaluated. Third, the study did not include a blinding mechanism, which may have influenced the results.

In conclusion, the structured patient education program is an effective intervention for improving glycemic control and patient adherence in T2DM patients. Further research is needed to evaluate the long-term effects of the program and to identify the most effective components of the program.



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

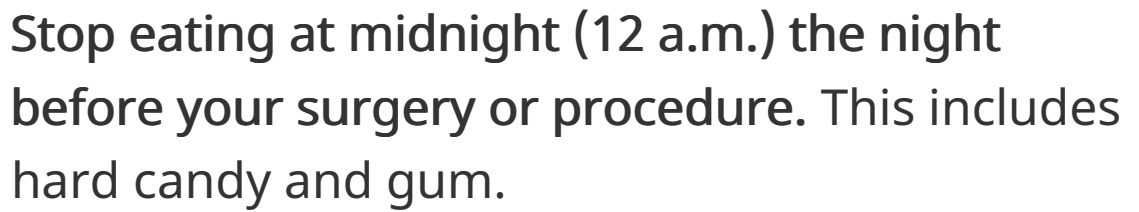
If you get sick (including having a fever, cold, sore throat, or flu) before your procedure, call your IR doctor. You can reach

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

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.

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Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines) instead.



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Important: If you take a GLP-1 medicine, do not follow these instructions. Follow the instructions in *Eating and Drinking Before Your Surgery or Procedure When Taking GLP-1 Medicines* (www.mskcc.org/cancer-care/patient-education/eating-and-drinking-before-your-surgery-or-procedure-when-taking-glp-1-medicines) instead.

- 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 flavored syrup.

If you have diabetes, pay attention to the amount of sugar in your drinks. It's 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 surgeries and procedures, so drink if you're thirsty. Do not drink more than you need. You'll get intravenous (IV) fluids during your surgery or procedure.



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

Your healthcare provider may have given you different instructions for when to stop drinking. If so, follow their instructions.



MSK is a leading center for the diagnosis and treatment of cancer. We are committed to providing the highest quality of care, and we are proud to be a part of the Memorial Sloan-Kettering Cancer Center. Our mission is to advance the understanding of cancer and to develop new treatments that will improve the lives of our patients. We are currently seeking qualified individuals for the following positions:

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212-639-2000.

www.mskcc.org/pe

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