

Carotid Artery Stent: Patient Instructions

Medication Instructions:

- Aspirin 325mg daily, starting at least 7 days before procedure
- Plavix 75mg daily, starting at least 7 days before procedure
- Stop Coumadin (warfarin) 5 days prior to procedure
- No blood pressure medications the morning of procedure!
- If you take diabetes medicine: take half of usual Lantus (glargine) insulin dose the night before
- ****No**** insulin or diabetes medicine the morning of procedure
- Do not take metformin the day of the procedure and 48 hours after the procedure

Discharge Instructions:

- Continue Aspirin 325mg daily for 1 month, then reduce to 81mg
- Continue Plavix 75mg daily for 1 month
- Do not stop these medications early without checking with North Cascade Cardiology!

Activity Restrictions:

- No heavy lifting, pushing, or pulling for 7 days
- Showers are OK 24 hours after your procedure. Avoid rubbing the puncture site while washing.
- Tub bathing could allow bacteria and debris to enter the puncture site. No tub bathing for 5 days.
- Hot tubs and swimming pools are not recommended for 5 days.

What to expect after the procedure:

- Bruising, tenderness, and a pea-sized lump at the incision site are normal
- Easy bruising and bleeding are common with aspirin and Plavix. Do not stop taking these medications!

When to call:

- Temperature over 100 ° F
- Redness, warmth, appearance of drainage at incision site
- Neurological symptoms such as loss of vision, paralysis, inability to speak

Follow-up routine:

- You will have a carotid duplex ultrasound and follow-up with a nurse practitioner 1 month after the procedure to perform a stroke screening.
- We will also repeat the carotid duplex ultrasound at 6 months and 12 months post-procedure, and then yearly, for surveillance of the carotid stent.
- After each ultrasound is completed, you will see the physician or nurse practitioner.