

# **Cardiac Procedures Unit**

## **Pre-Procedure Instructions**

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### **Welcome!**

On behalf of the Electrophysiology team, we welcome you to the Cardiac Procedures Unit (CPU) at the University of Michigan. Thank you for trusting us with your care. We are committed to providing the very best comprehensive care for you and your family.

### **How do I prepare for my procedure?**

#### **Discuss instructions and scheduling information with our nurses**

- A nurse will contact you 2-3 weeks before your procedure to discuss your procedure and pre-procedure instructions.
- A nurse will call you between 12:00 – 5:00 PM one business day before your procedure to confirm the time you should arrive at the hospital, where to check in, and any final instructions. The typical arrival time for our procedures is between 6:00 AM – 12:00 PM (noon).

#### **Get required lab work**

You may be required to get testing or lab work 2-4 days before your procedure. If so, please visit a University of Michigan facility to have your blood drawn on the date given to you by your nurse.

- If you go to a facility that is not part of the University of Michigan health system, please fax the test results to us at (734) 615-0074.

#### **Make a medications list**

Make a list of all the medications you are taking, including the amounts and times you take them, and bring them to your procedure appointment.

**Get a driver for your procedure**

Find an adult (18 years or older) who can drive you to and from your procedure appointment. They will need to be present with you when you check-in for your appointment and when you are discharged after. You will not be able to drive yourself home.

**Buy the right soap for showering before your procedure**

You will need to shower both the night before and morning of your procedure with a special kind of soap, based on your procedure type.

- For pacemaker or ICD placement: Buy antiseptic soap that contains chlorhexidine gluconate (CHG). Look for it in the first aid section at stores like Target, Walmart, Walgreens, or CVS.
- For ablation or implantable cardiac monitor placement: Buy antibacterial soap such as Dial®, Lever®, or Safeguard®. You can use a body wash or a new bar of soap.

**Follow instructions about stopping eating, drinking, and taking medications**

- After 12:00 AM (midnight) the night before your procedure, do not drink any fluids or eat food, gum, or candy after midnight.
- If you must take medications on the morning of your procedure, you may have sips of water with your medications up to 2 hours before your arrival time.

**Who should I call if I have questions or concerns?**

Please contact us if you have any questions, or if you need to cancel or change your procedure date.

- On Monday through Friday from 8:00 AM – 5:00 PM: Call the Cardiac Procedures Unit at (844) 369-7816.
- After 5:00 PM or on weekends or holidays: Call (734) 936-6267. Ask the hospital operator to page the EP fellow on call.

## **What happens when I arrive at the hospital for my procedure?**

- Ask your driver to park in the Cardiovascular Center visitor parking structure (P5). The address is 1425 E. Ann St., Ann Arbor, MI 48109.
  - Valet parking is available Monday through Friday from 5:30 AM – 6:00 PM and Saturday and Sunday from 8:00 AM – 5:00 PM.
- Enter the Cardiovascular Center on Level 3 from the parking structure. Take the elevators to Level 2A. When you exit the elevators, the "CPU Check In" is on your left.

## **What are some other helpful resources and information for my procedure?**

- **Lodging:** For help with overnight lodging reservations, call Michigan Medicine Lodging at (800) 544-8684 or (734) 936-0100.
- **Insurance registration:** Call our registration service at (866) 452-9896 to update your health insurance information. Their hours are Monday through Friday from 7:00 AM – 8:00 PM and Saturday from 8:00 AM – 1:00 PM.
- **Insurance questions:** Contact your insurance company if you need information about co-payments, deductibles, specific benefits coverage, or prior authorization requirements.
- **Patient portal:** Sign up for [MyUofMHealth.org](https://myuofmhealth.org), a secure online patient portal, to communicate with your care team about non-urgent matters. If you need help with the portal, you may e-mail the Health Information Management department at HIM-PatientPortal@med.umich.edu, or you can call (734) 615-0872 Monday through Friday from 7:30 AM – 4:00 PM. This portal allows you to:
  - Request, view, and cancel appointments
  - Receive laboratory and other test results
  - Send non-urgent messages to your care team
  - Review prescription medications and request prescription renewals

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

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