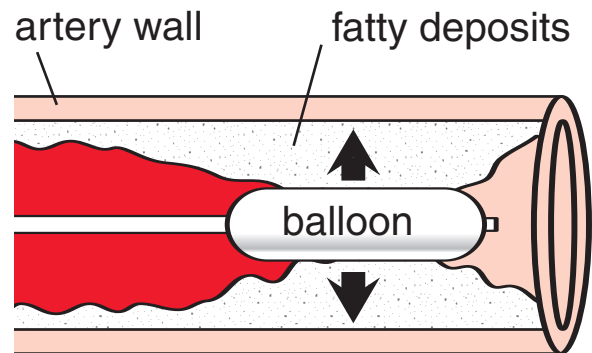


Getting Ready for Angioplasty

Angioplasty is a procedure to open coronary (heart) arteries clogged by plaque (fatty buildup) or a clot. It is not surgery, but it is done in the hospital.



Before your procedure

- Do not eat or drink anything for at least 6 to 8 hours before your procedure (or as your doctor tells you).
- If you take medicine (especially for diabetes), check with your doctor about taking it before the test.
- Tell your doctor if you:
 - ☐ take aspirin or a blood thinner (These may need to be stopped several days before the procedure.)
 - ☐ have trouble using a urinal or bedpan
 - ☐ have any allergies to foods, medicines, x-ray dye or shellfish
 - ☐ are pregnant or think you may be
 - ☐ have back problems
- Find out when you should be at the hospital.



Educate your patients
AROUND
the **CLOCK**

Compliments of:
Pritchett & Hull Associates, Inc.
The Heart of Health Education Since 1973
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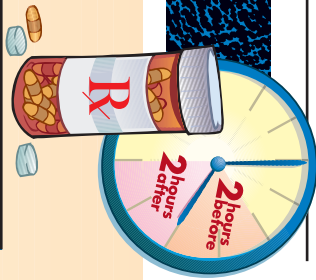
Medicine Reconciliation Form

Name: _____

Allergies: _____

Prescribed medicine:

Weight: _____ lbs Date: _____



Medicine taken (name)	What it's taken for	How much in each dose (strength)	In what form (pill, shot, liquid)	How often taken (once/twice a day/week/month)	When last taken

Over-the-counter medicine and/or herbal supplements and vitamins:

Item taken (name)	What it's taken for	How much (strength)	How is it taken (pill, shot, liquid)	How often taken (once/twice a day/week/month)	When last taken

Note: If you need more space, continue on the other side.



QUIT PLAN CONTRACT

In order to remain of sound mind and body, I,

_____ (name)

do hereby set forth that I shall quit smoking on

_____ (quit date and renewals)

My most important reasons are:

1. _____
2. _____
3. _____

To answer the urge to smoke, I agree to put the following plan into action:

1. _____
2. _____
3. _____
4. _____
5. _____

I have asked the following people for help:

1. _____
2. _____
3. _____

My reward schedule is as follows:

Day 1 _____ Day 4 _____
Day 2 _____ Day 5 _____
Day 3 _____ Day 6 _____

★ **Week 1** _____

Week 2 _____

Week 3 _____

★ **1 Month** _____

2 Months _____

3 Months _____

★ **6 Months** _____

★ **1 Year** _____

(make sure the ★'s are really special)

Signed _____
(ex-smoker)

Date _____

Witness _____

Blood Pressure Levels for Adults

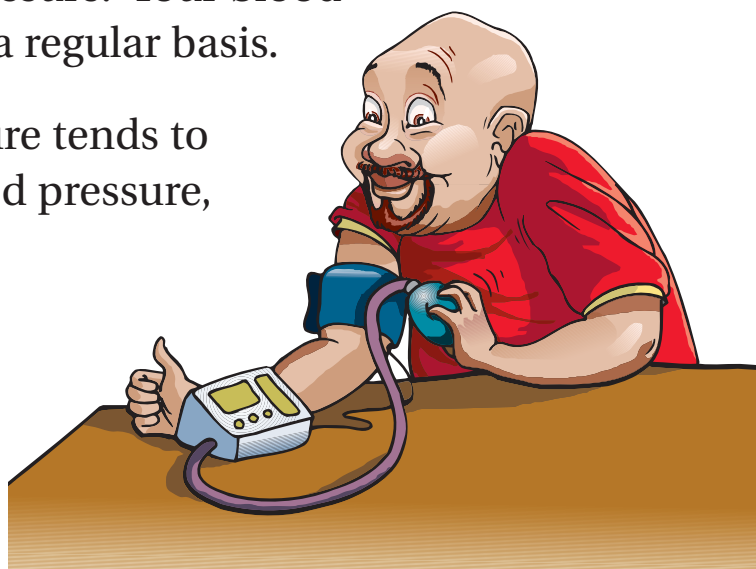
Levels of blood pressure for adults over 18 are ranked in stages as:

Rank	Systolic (top number)		Diastolic (bottom number)
Normal*	less than 120	and	less than 80
Pre Hypertension (high blood pressure)			
Stage 1**	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher
* Very low blood pressure readings should be checked by your doctor.			
** For diabetics and those with kidney disease, the level is less than 130/80.			

For those whose blood pressure readings fall into the pre-hypertension range, it means you are at increased risk of progressing to high blood pressure. Your blood pressure should be checked on a regular basis.

As you age, your blood pressure tends to get higher. The higher your blood pressure, the greater your risk is for:

- a heart attack
- heart failure
- stroke
- kidney disease



My target blood pressure is _____ / _____.

Serving sizes

These quick reminders can help you get a feel for what a serving size looks like. With practice, you will be able to gauge them without measuring.



**1 cup =
a baseball**



**3/4 cup =
a racquetball**



**1/2 cup =
a scoop of
ice cream**



**1/4 cup =
one egg in
the shell**



**3 oz =
a deck of
52 playing cards**



**2 oz =
a pair of
dominos**



**1 1/2 oz =
a 9 volt battery**



**1 oz =
a pair of dice**



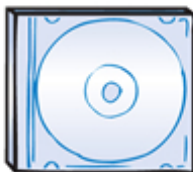
**2 Tbsp =
a ping pong ball**



**1 oz =
your thumb**



**1 tsp =
a postage stamp**



**1 slice of bread =
a CD case**



**1 piece of
cornbread =
1/2 bar of soap**



**1 medium apple =
the size of
your fist**



**1 pancake =
a CD**