THE OREGON CLINIC

Pre-Procedure Instructions for Watchman Procedure

- **Nothing by Mouth (NPO):** No food or drink after midnight (or at least 8 hours before your procedure). May take morning medications with small sips of water.
- **Blood Thinners:**
  - Eliquis, Xarelto, Pradaxa, Savaysa: **DO NOT** take morning dose on day of procedure.
  - Warfarin (Coumadin, Jantoven): **KEEP** taking as usual unless we tell you otherwise.
  - Aspirin, Plavix (Clopidogrel), Effient, Brillinta: **DO NOT STOP** unless we tell you to.
- **GLP-1 Medications:**
  - Ozempic, Zepbound, Wegovy, Mounjaro, Trulicity: **DO NOT** take your dose in the 7 days before your procedure.
  - Rybelsus, Victoza, Saxenda (Daily versions): **DO NOT** take on the day of your procedure.
- **SGLT2 Inhibitors:**
  - Jardiance, Farxiga, Invokana, Steglatro: Stop at least 4 days before your procedure.
- **Diabetes Medications:**
  - Metformin, Glipizide, Glimepiride, etc.: **DO NOT** takemorning of your procedure.
- **Insulin:**
  - Lantus, Basaglar, Tresiba, Levemir (long lasting): Take ½ your usual dose the night before or the morning of, if that is when you normally take it.
  - Humalog, Navolog, Admelog (mealtime): **DO NOT** take the morning of procedure.
  - Insulin pump: Please call for instructions.
- **Allergies:** Tell us before your procedure if you are allergic to nickel, contrast dye, or iodine, or if you have kidney problems.
- **What to Bring:** Your medication list, photo ID, and insurance card.
- **Length of Stay:** Plan to spend approximately 8-12 hours at the hospital. We recommend bringing an overnight bag in case an overnight stay is necessary.
- **Ride Home: You get deep sedation or general anesthesia.** An Adult must drive you home. You may **NOT** take a taxi or rideshare alone. It is best to have someone stay with you overnight.

If you have any further questions, please give us a call at **503-692-0405**.