

Preparing for Carotid Endarterectomy



Carotid endarterectomy is a surgical procedure that removes plaque that has built up in your carotid artery. This helps reduce your risk for stroke. You will be told how to get ready for your procedure. Be sure to follow all of the instructions you are given.

A week before

Before the procedure, be sure to:

- Tell your healthcare providers about any allergies you have.
- Tell your providers about all medicines you take. This includes prescription and over-the-counter medicines. It also includes vitamins, herbs, and supplements. Be sure to mention if you are taking blood thinners.
- Make medicine changes as directed by your provider. You may need to stop taking certain medicines you normally take. Or you may be told to start taking certain medicines before surgery.

The day before

Before you have your procedure, be sure to:

- Arrange for a ride home when your hospital recovery is finished. An adult family member or friend should drive you home.
- Follow all directions you are given for not eating or drinking before the procedure. Ask your provider if you should continue to take any medicines during this time.
- Follow any other instructions you are given.

On the day of the procedure

When you arrive at the hospital, you'll change into a hospital gown. Hospital staff will prepare you for the procedure. An IV (intravenous) line will be started in your arm or hand. This is to provide you with fluids and medicines. You will then be taken to the room where the procedure is done.

Risks and possible complications

The risks of this procedure include:

- TIA (transient ischemic attack) or stroke
- Bleeding at the incision site
- Headache
- Bleeding into the brain
- Seizure
- Heart attack
- Nerve injury leading to short-term or lifelong hoarseness, numbness, or swallowing problems

- Death

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