

**HOSPITALIZATION REQUIREMENTS for patients over 18  
At the Federal Cardiovascular Surgery Center Federal State Budgetary Institution of the  
Ministry of Health of the Russian Federation (Astrakhan)**

Dear Patient!

Your health and safety are our top priority. For details, please visit the official website of the Center: [www.astra-cardio.ru](http://www.astra-cardio.ru).

Before arriving at the Center, please ensure that your OMS (Obligatory Medical Insurance) policy is valid. You can check the status of your OMS policy on the Gosuslugi website, on the website of Territorial Fund of Mandatory Health Insurance or by searching for “check OMS policy”.

If your OMS is inactive, please contact your Health Insurance Organization to update it. A referral for consultation/hospitalization in form 057/y04 is mandatory for receiving medical assistance under the basic OMS program. The referral must be issued by a doctor at the clinic you are registered at. Please make sure to check whether you are registered at the clinic you are receiving the referral from.



**On the appointed date, please arrive to provide the necessary documents at the following address: 4, Pokrovskaya Rosha Street, Astrakhan.**

**1. Documents for Registration (originals)**

- For Russian citizens: passport; valid OMS policy; SNILS (Individual Insurance Account Number).
- For foreign citizens: identity document; document confirming the right to stay (reside) in the Russian Federation.

**2. Medical Documents (originals):**

- A medical record certified by the attending physician and the head of the department, along with the medical organization stamp.
- A referral for hospitalization in form 057/y-04, issued by a doctor at the clinic you are registered at.
- The results of tests, examinations, and medical reports as per the required list and validity periods.
- All available recordings of the examinations.
- All discharge summaries (if available).

| <b>PLEASE CHECK THE COMPLETED TESTS AGAINST THE LIST AND VALIDITY PERIODS!</b>  |                        |
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| <b>LABORATORY TESTS</b>   | <b>Validity Period</b> |
| Complete blood count (CBC) with leukocyte differential and platelets  | 14 days                |
| Urinalysis  | 14 days                |
| Biochemical blood test: alanine aminotransferase (ALT), aspartate transaminase (AST), total bilirubin, conjugated bilirubin, creatinine, blood urea nitrogen (BUN), total protein, total cholesterol, glucose | 14 days                |
| Lipid profile: low-density lipoprotein, high-density lipoproteins, total cholesterol, triglycerides   | 30 days                |
| Coagulation Tests: fibrinogen, Prothrombin Index (PI) (for patients taking Warfarin: International Normalized Ratio (INR) blood test must be done within 2 days!)   | 14 days                |
| Rapid Plasma Reagin (RPR) test (Blood test for syphilis), indicating the date and the test number. In case of a positive result, a report from a dermatologist-venereologist is mandatory                     | 60 days                |
| HIV blood Test , indicating the date and the test number  | 3 months               |

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| Blood for Hepatitis B and C Markers (HBsAg and Anti-HCV), indicating the date and the test number   | 42 days    |
| <b>EXAMINATIONS RESULTS</b>   |            |
| Report from a dentist (certificate of oral cavity sanitation)   | 60 days    |
| Esophagogastroduodenoscopy (EGD):<br>In case of erosive or ulcerative lesions of the gastrointestinal tract, hospitalization is possible only after treatment at the place of residence, with a follow-up EGD | 30 days    |
| Comprehensive abdominal and kidney ultrasound   | 6 months   |
| Chest X-ray in two projections with images and reports; files on a disk or flash drive are acceptable   | 3 months   |
| 12-lead electrocardiography (ECG) with mandatory provision of the film record   | 14 days    |
| Duplex ultrasonography screening of the brachiocephalic arteries for the patients over 40 years of age  | 1 year     |
| Duplex scanning of the lower extremity arteries for patients over 40 years of age   | 1 year     |
| Duplex ultrasound of the lower extremity veins for patients with varicose veins   | 6 months   |
| Report from a gynecologist for women.<br>Planned hospitalization is not allowed during women's period   | 1,5 months |
| Urologist's certificate with the prostate-specific antigen (PSA) test for men over 40 years   | 1,5 months |
| Certificate of no exposure to infectious diseases in the last 21 days, issued by a medical organization at the place of residence   | 3 days     |
| <b>Measles</b> vaccination certificate (indicating the date) or enzyme immunoassay (IFA) results of <b>measles IgG immunoglobulin G (test is to be done before hospitalization)</b>                           |            |

**Additional requirements for certain patient groups:**

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| For patients with arrhythmias                       | <p>24-hour Holter monitoring or provision of the film where the arrhythmia was documented</p> <ul style="list-style-type: none"> <li>• thyroid ultrasound + thyroid hormones tests (Thyroid Stimulating Hormone (TSH) and Free Thyroxine (FT4)) with a validity period of 1.5 months;</li> <li>• patients with atrial fibrillation may be referred to the Center for preliminary consultation with a contrast-enhanced cardiac CT scan to assess the volume of the left atrium and the anatomy of the pulmonary vein ostia;</li> <li>• transesophageal echocardiography is performed in the Center for patients with persistent atrial flutter or those having Atrial Flutter when they arrive. The test is done to check for the thrombus in the left atrial appendage (valid for 48 hours).</li> </ul> <p>If it is not possible to undergo the necessary tests under the state program of free medical assistance, you can have them done for a fee at the Center.<br/>If the blood thrombus is detected, hospitalization will be rescheduled.</p> |
| Patients with Coronary Heart Disease (CHD)          | Disk with Coronary Angiography recording (valid for no more than 6 months)   |
| Patients with neurological disorders                | Report from a neurologist, head computed tomography (CT) or head magnetic resonance imaging (head MRI) (valid for no more than 1 month).   |
| Patients with Chronic Obstructive Pulmonary Disease | Spirometry data and report from a general practitioner (valid for 30 days).  |

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| Medical history of tuberculosis, suspicion of disease                              | Report from a TB specialist (valid for 30 days)   |
| Patients with oncology   | Report from an oncologist (valid for 30 days)   |
| Medical history of hematological pathology or systemic connective tissue diseases. | Detailed recommendations from a hematologist and a rheumatologist for managing the patient in the Cardiac Surgery Inpatient Department. |
| Patients with diabetes.  | Report from an endocrinologist, glycosylated hemoglobin (HbA1c) test (valid for 30 days).   |
| Patients with thyroid disorders.   | Report from an endocrinologist, thyroid function blood test (TSH, FT3, FT4) (valid for 30 days).  |
| Patients with aortic aneurysm  | Aorta CT scan with bolus contrast enhancement with 0.5 mm slice thickness (valid for 14 days).  |

If it is not possible to undergo the necessary tests under the state program of free medical assistance, you can have them done for a fee. Schedule an appointment by calling the Call Center at 8 (8512) 311-000.

If you have any doubts regarding the results of the tests or lack the necessary data, the Center recommends that you undergo some of the tests again. The above-mentioned tests can be done for a fee at the Center's Consultative Diagnostic Department.



### **Premedication.**

- Before hospitalization, patients should continue taking all previously prescribed medicines!
- If there is a prescribed basic therapy for chronic diseases, patients should have the required amount of medicines with them (the selection of therapy may complicate the treatment process).
- Patients taking warfarin must check their International Normalized Ratio (INR) two days before arriving at the Center. The INR level should not exceed 3!
- Patients undergoing an Intracardiac Electrophysiology Study (EPS), a Radiofrequency Ablation for Supraventricular Tachycardia, a Ventricular Extrasystole, a Supraventricular Extrasystole, a Ventricular Tachycardia, a Arrhythmogenic Right Ventricular Dysplasia (or Wolff-Parkinson-White (WPW) syndrome) must stop an antiarrhythmic therapy as follows: Cordarone (Amiodarone) – 1 month before the hospitalization; Ethacizine, Allapinin (Lappaconitine hydrobromide), Propanorm (Propafenone), Sotagexal (Sotalol), Beta-blockers, and Verapamil – 5 days before the hospitalization.

Do not stop taking oral anticoagulants if they have been prescribed!

Do not stop taking Clopidogrel (analogs: Plavix, Zillt, Egitromb, Plagril, Lopirel).

### **Reference Information**

The date and time of the arrival at the Center will be provided by a staff member over the phone 10 to 14 days before hospitalization.

The information will also be provided via SMS.

The examination **period before hospitalization can take from 1 to 3 days**. During this time the doctor will make a decision regarding the type of surgery in the Consultative and Diagnostic Department of the Center. Please make sure to arrange your accommodation in Astrakhan in advance. The Center does not cover travel and accommodation expenses for patients and their accompanying persons.

Hospitalization is carried out from 8 AM to 3 PM on working days.

**Hospitalization for caregivers** is available on a fee-paying basis by prior agreement, subject to availability and compliance with health and safety regulations. You also need to confirm the date of hospitalization. A bed and meals will be provided.

**Documents required for caregiver registration (originals):**

- For Russian Citizens: Passport.
- For Foreign Citizens: identity document, a document confirming the right to stay (reside) in the Russian Federation.

**Tests and Examinations (originals):**

- Syphilis test (valid for 60 days prior to hospitalization); if the test is positive, a report from a dermatologist and State Dermatology and Venereology Clinic at the place of residence are mandatory;
- Chest X-ray or fluorography (valid for 1 year prior to hospitalization): images and descriptions of frontal and left lateral views.



**Staying in the Center as an in-patient.**

Please, bring with you the following personal care products: a towel, an easy-to-hold-mug, a spoon, 2-3 underwear sets, pajamas, a comfortable pair of shoes with good foot support, glasses, a hearing aid (if needed), a phone charger, compression stockings or two elastic bandages 4 meters long each.

Patients must have no nail polish on.

If you are unable to arrive on the appointed date, please inform us by calling: +7(8512)311-000 or +7(8512)311-018 after 12 PM.

For any other questions, please contact us by calling the Call Center at +7(8512)311-000

**Please, mind the difference between the local time and Moscow time (+1 hour).**