

Heart Catheterization Discharge Instructions

Follow these instructions after your procedure. Ask a member of your care team if you have specific questions.

After the Procedure

The effects of the medicines or sedation that were used before and during your procedure can last for up to 24 hours. **Do not:**

- Drive a car, operate machinery or power tools
- Drink alcoholic beverages
- Make important decisions or sign legal documents that might be affected by your impaired judgment

After your procedure, get plenty of rest. **Do not** exercise and do not lift objects more than 5 pounds. Keep the affected limb straight as your doctor has instructed.

Day after the Procedure

You may resume normal daily activities the following morning after your procedure.

- Maintain your low fat, low-cholesterol diet when you get home.
- Increase fluid intake after your procedure. Drink at least 8 to 10 eight (8) oz. non-alcoholic fluids (water, juice, etc.).
- Wear loose fitting clothing over the catheter insertion site for 72 hours after your procedure.
- Remove all bandages or dressings the morning after the procedure. Keep the catheter insertion site clean and dry. Check your insertion site for the next 5 to 7 days.
- Avoid activities such as swimming or sitting in the hot tub until the catheter insertion site has completely healed. This healing process takes about 7 to 10 days.
- You may only take a shower the morning after your procedure. Avoid soaking the insertion site in water. Wash the insertion site with soap and water and then pat dry. **Do not** apply powder, perfumes or ointment to the area.
- You may have a small knot (size of a dime) and bruising in the wrist, near the insertion site. This will gradually go away.
- The incidence of bleeding after you have completed your bed rest is rare. However, if bleeding occurs, get medical attention right away. If you see an increasing amount of blood or notice pain and tenderness followed by an enlarged knot that gets larger, it means that you may have started to bleed. If this occurs, apply firm pressure to the incision for 15 to 20 minutes. After the bleeding has stopped, keep the affected limb straight and call your doctor. If swelling and/or bleeding continue while pressure is applied, re-position the point of pressure. If the bleeding persists, continue to hold pressure and call 911.
- If you start to experience chest pain, pressure, tightness or burning in the chest, arm, jaw or stomach call 911 right away.



- Call your doctor if you have the following signs or symptoms:
 - Pain or swelling over the catheter insertion site
 - Numbness, pain or tingling in your ankles, knees, or toes
 - Redness or drainage from catheterization site
 - Fever or chills
- Take your medicines as instructed by your doctor.

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