

Discharge Instructions Following Heart Catheterization

These instructions should be followed when this procedure is completed. Ask your doctor or nurse if you have specific questions.

After the Procedure

The effects of the medication or sedation that were used before and/or during your procedure can last for up to 24 hours. Due to the medication or sedation in your system you **should not**:

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

Following your procedure, rest at home for the remainder of the day. **Do not** exercise and do not lift heavy objects greater than 10 pounds.

Day after the Procedure

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

1. Resume your low-fat, low-cholesterol diet upon discharge from the hospital.
2. To help eliminate the contrast material from your body, we encourage you to increase your fluid intake following your catheterization procedure. (8-10 eight (8) oz. non-alcoholic fluids), i.e., water, juice, soda.
3. Wear loose fitting clothing over the catheter insertion site for the next 72 hours.
4. Remove all bandages or dressings the morning after the procedure. Keep the catheter insertion site clean and dry.
5. You may take a shower the morning after the procedure. Avoid immersing the insertion site in water. Wash the insertion site with soap and water and then pat dry. Do not apply powder, perfumes or ointments in the area. Avoid activities such as swimming or sitting in the hot tub until the catheter insertion site has completely healed. This healing process takes approximately seven days.

6. You may have a small knot (not larger than the size of a quarter) in the groin. You may also have a bruise in the groin, near the insertion site. This will gradually go away.



7. The incidence of bleeding after you have completed your bed rest is rare. However, if bleeding occurs, it requires immediate attention. If you see blood or notice pain and tenderness accompanied by an enlarged knot that gets progressively larger, it means that you may have started to bleed. If this should occur, lie down flat and have someone apply firm pressure with both hands next to and above the incision for 15-20 minutes. Should swelling and/or bleeding continue while pressure is applied, it may be necessary to reposition the point of pressure. If the bleeding still persists, continue to hold pressure and call 911.

8. **After the bleeding has stopped, contact your physician immediately.** If your physician does not return your call within 20 minutes, call the MD Anderson Cancer Center page operator and ask to speak with the cardiologist on call. The physician will give you further instructions at that time.

9. When at home following the catheterization if you start to experience chest pain, pressure, tightness or burning in the chest, arm, jaw or stomach call 911, they should take you immediately to the nearest emergency center.

10. Should you notice any of the following signs or symptoms; please notify your cardiologist.

- 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

Other Information

You should avoid activities such as swimming or sitting in a hot tub until the catheter site has completely healed. The healing process takes about 7 days.

Cardiopulmonary Center

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Patient signature

Physician/RN signature

Date / Time