

Notes

Remember...

If you have any questions or concerns, please contact your cardiologist or family doctor.

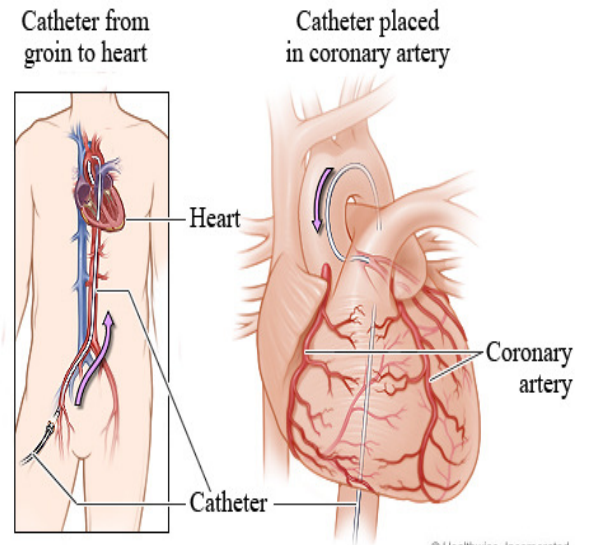
Our mission at Willamette Valley
Medical Center is:
You Matter.
Amazing Care Every Time.

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Cardiac Catheterization

Discharge Instructions



Activity

- Do not drive yourself home the day of your procedure.
- Avoid strenuous activities for 48 hours after the procedure. This includes the following examples:
 - Heavy work or lifting
 - Vacuuming or heavy housework
 - Vigorous sports

Dressing

- You may remove the dressing 24 hours after your procedure and replace it with a regular bandage. Leave the bandage in place for an additional day.
- It is normal to find a small amount of old blood on the bandage.

Shower

- You may shower 24 hours after your procedure. After your shower, pat the puncture site dry and cover with a bandage for an additional day.

- Do not soak in a bathtub or immerse the puncture site in a swimming pool or hot tub for five days after your procedure.

Procedural Site

It is normal for you to have a small bruise or lump at the puncture site for a couple of weeks.

Calling your doctor

- You should call your doctor if you experience any of the following:
 - Changes in the bruise or lump;
 - Redness at the puncture site;
 - Drainage from the puncture site;
 - Increased pain or swelling at the puncture site; and/or
 - Coldness, numbness or pain in the foot or lower leg.
- If you are unable to get to your doctor's office, please go to the nearest emergency department.

Bleeding

- If you notice any fresh bleeding or rapidly increased swelling at the puncture site, lie down immediately and have someone apply firm pressure to the site for 15 minutes. Your nurse will review this technique with you.
- If the bleeding has not stopped after 15 minutes, or there is a large amount of bleeding or spurting, you should call 911 immediately. Do not drive yourself to the hospital.

Medications

- You can continue your medications as they were previously prescribed for you unless your cardiologist gives you different orders.
- Do not restart taking Metformin (Glucophage) until 24 hours after your procedure, unless your doctor advises you to do so.