

Instructions for going home after Cardiac Catheterization

Care for the Catheter Insertion Site

Procedures may be performed in the femoral artery in the groin (in the area at the top of your thigh) or in the radial artery or brachial artery in your arm. When you go home, there might be a bandage (dressing) over the procedure access site.

Home Wound Care

- After the bandage is removed, cover the area with a small adhesive bandage. You may feel pain and/or some bruising where the catheter was inserted. This is expected and will resolve. The site may also be slightly swollen and pink, and there may be a small lump (about the size of a quarter) at the site.
- **If progressive swelling or active bleeding occurs, place 2 fingers over the site and apply firm pressure for 10-20 minutes. Call 911 and go to the nearest emergency room.** You may also press an apple or orange & tightly hold it down on the bleeding spot for 15-30mins. If bleeding stops, rest for few hours. If bleeding doesn't stop to ER.
- Keep the wound area clean and dry. You may apply a band aid daily for 5-7 days after showering.
- Do not use creams, lotions or ointment on the wound site.
- Wear loose clothes and loose underwear.
- Do not take a bath, tub soak, go in a Jacuzzi, or pool or lake for one week after the procedure.

Activity Guidelines

For Femoral Cardiac Cath (Groin)

- Do not strain during bowel movements for the first 3 to 4 days after the procedure to prevent bleeding from the catheter insertion site.
- DO NOT lift anything heavier than 10 pounds (This is a little more than a gallon of milk).
- No pushing or pulling of heavy objects for the first week after the procedure. No snow shoveling or using snow blowers.
- Do not participate in strenuous activities for 2 weeks after the procedure. This includes most sports - jogging, golfing, play tennis, and bowling.
- You may gradually increase your activity level within one week after the procedure.
- No driving for 3 days.

For Radial Cardiac Cath (Wrist)

- Do not participate in strenuous activities for 2 days after the procedure. This includes most sports - jogging, golfing, tennis, and bowling.
- Gradually increase your activities until you reach your normal activity level about two days.

For Brachial Cardiac Cath (Front of Elbow)

- Wear elbow board until 6AM the following day
- No heavy lifting for at least 2 days
- Do not participate in strenuous activities for 2 days after the procedure. This includes most sports – jogging, golfing, tennis, and bowling.
- Gradually increase your activities until you reach your normal activity level about two days.

Medications

- Continue your cardiac medications as directed.
- If you have diabetes, your doctor may need to adjust your diabetes medications one to two days after your procedure. Before taking Metformin, please hold for 48hrs. post procedure.
- If you take oral anticoagulants such as (i.e. Coumadin, Eliquis, or Xarelto) resume only as directed post procedure.

Fluid and Diet Guidelines

- Be sure to drink eight to ten glasses of clear fluids (water is preferred) to flush the contrast material from your system.
- You should eat a heart-healthy diet, exercise, and follow a healthy lifestyle. Your provider can refer you to other health experts who can help you learn about exercise and healthy foods that will fit into your lifestyle.

Ask your doctor when it is safe to

- Return to work (you should be able to return to work in 2 to 3 days if you DO NOT do heavy work)
- Resume sexual activity (typically avoid sexual activity for 2 to 5 days)
- Resume driving (most people are able to resume driving within 2-3 days after going home)
- Return to strenuous physical activity

When to Call the Doctor

- There is bleeding at the wound site that does not stop when you apply pressure.
- Your arm or leg below where the catheter was inserted changes color, is cool, or is numb.
- The small incision for your catheter becomes red or painful, or yellow or green discharge is draining from it.
- You have chest pain or shortness of breath that does not go away with rest.
- Your pulse feels irregular -- it is very slow (fewer than 60 beats a minute) or very fast (over 100 to 120 beats a minute).
- You have dizziness, fainting, or you are very tired.
- You are coughing up blood or yellow or green mucus.
- You have problems taking any of your heart medicines.
- You have chills or a fever over 101°F (38.3°C).

Follow Up

Please call our office at 732-247-7444 to make your **post hospital cardiac catheterization appointment** with your primary cardiologist in the practice.