

## **Cardiac Catheterization Lab Discharge Instructions**

**Follow these instructions AFTER you go home from the hospital:**

### **Activity**

- Restrict your activities for the next 48 hours (no lifting more than 10 pounds, avoid repetitive bending, lifting, twisting or straining)
- Minimize stair climbing for 48 hours
- Avoid sitting or standing in one position for more than 1 hour at a time, for 72 hours
- No driving for 48 hours after discharge

### **Fluids and Diet**

- Increase your water intake by 6 cups for the next 24 hours, unless otherwise instructed
- Follow your usual diet unless otherwise instructed

### **Medications**

- Please refer to the attached Medication Reconciliation Form for your complete list of home medications to continue
- Please note: If you are diabetic and taking Glucophage/Metformin, do not take your Glucophage/Metformin for 72 hours after the procedure
- You may take non-prescription pain medication that you normally use for minor discomfort

### **Care of Procedure/Incision Site**

- Keep dressing clean and dry for 24 hours
- You may SHOWER after 24 hours, no tub bathing, soaking in the tub, swimming pools or hot tubs for 72 hours, wash gently, pat dry
- Avoid lotions or powders at procedure/incision site for at least 1 week
- You do not need to put a dressing over the procedure/incision site

### **Potential Complications**

- If you experience profuse bleeding from the procedure/incision site, or notice a large lump under the skin at the procedure/incision site (this could mean you're bleeding under the skin), apply direct, firm pressure to the site and proceed to the nearest Emergency Room. If you are unable to control the bleeding with direct, firm pressure, CALL 911
- You should be able to urinate once within the first 8 hours after your procedure. If your bladder feels full and you're unable to urinate, go to the nearest Emergency Room

### **Call your physician if any of the following occur**

- Fever greater than 100 degrees F taken by mouth at least 20 minutes after eating or drinking
- Pain that is not relieved by over-the-counter pain medications you normally use
- A dressing that is soaked through with blood
- If the procedure/incision site becomes warm to the touch, red, inflamed or you notice thick drainage from the site
- Numbness/tingling or decrease in sensation to legs, feet or toes
- Difficulty urinating/emptying your bladder completely

### **Closure Device (if applicable)**

- You may have received a closure device placed at the procedure/incision site. If so, you will receive a special card explaining the device. You should be aware of additional information if you received a closure device.
- A small pea-sized lump felt at the site is normal. This will resolve over time.

### **Follow-up Care**

- Please call the office at 480-747-6532 for a follow-up appointment or if you have any questions or concerns. After office hours you can reach your physician through his/her answering service. If you need immediate attention, call 911 or proceed to the nearest Emergency Room.