

PFO/ASD closure Patient Instructions

- Take a list of your current medications with you to the hospital, including the name of the drug, dosage, and how often.
- Do not eat or drink anything for 8 hours prior to your hospital arrival time, except for your medications.
- Take 325mg of Aspirin on the morning of the procedure with your current medications.
- If you take any of the following medications, **DO NOT Stop taking**
 - **Plavix** **Aspirin** **Effient** **Brilinta**
- If you take any of the following blood Thinners, it **should be discontinued** 3 days prior to the procedure. If you have not done so, the procedure will need to be rescheduled.
 - **Warfarin** **Coumadin** **Xarelto** **Pradaxa** **Savaysa** **Eliquis**
- Diabetic Patients:
 - **Metformin**: Needs to be discontinued within 24hours **prior** to your procedure.
 - Make sure you are not on any other drugs that include Metformin like:
 - Avandamet, Fortamet, Glucophage, Glucovance, Glumetza
 - **Insulin**: Take only ½ of your usual dose the day of your procedure and the hospital staff will regulate any other dosing of Insulin that you may need.
- Please inform your staff at the hospital if you are allergic to contrast dye.
- You will need a driver to take you home after your procedure. Please plan accordingly. Please note: you cannot drive for 2 days after the procedure.
- Please call the office to reschedule if you develop a fever or infection within three days of your procedure.

If you do not arrive at the treating facility for your procedure at your designated check in time, your procedure may be subject to delay or cancellation.

PFO/ASD closure 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 15 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 or the first 72 hrs.
- No driving for 48 hours after discharge.

Care of Procedure/Incision Site

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

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. This will be given upon discharge.
- 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

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.

PFO/ASD Closure Device Orders

1. NPO
 - a. Except for medications after midnight for AM procedures.
 - b. Except for medications after breakfast for procedures after 1300.
2. Labs:
 - a. BMP, CBC, PT/INR, PTT if not available within 7 days.
 - b. PT/INR, PTT the day of procedure, if recently on Coumadin.
 - c. Finger stick blood glucose if patient is diabetic.
 - d. Urine analysis with culture if indicated
 - e. Type and screen
3. **Call** lab results to ordering physician as soon as they are available if abnormal.
4. EKG on arrival to unit if there is not one in chart within past 24 hours.
5. O₂ PRN to keep SpO₂ > 90%. Call physician for increased O₂ delivery greater than 4 L per nasal cannula.
6. Void on-call to cath lab, Foley PRN inability to void.
7. Clip and prep patient ***left and right groin***
8. #20 Gauge or larger IV saline lock.
9. IV fluids: NS at 70 mL/hr.
10. Check pedal pulses and radial pulses and document in the chart.
11. **IF IODINE/DYE ALLERGY AND RECEIVING CONTRAST MEDIUM, PRE-MEDICATE WITH:**
 - a. Diphenhydramine 50 mg PO administer 1 hour prior to procedure.
 - b. Hydrocortisone 100 mg IV administer 1 hour prior to procedure.

Signature: _____, Date: _____, Time: _____ am / pm
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