

# Heart Catheterization Discharge Instructions

Follow these instructions after your procedure. Ask your doctor or nurse if you have specific questions.

## After the Procedure


The effects of the medicines or sedation that were used before and/or during your procedure can last for up to 24 hours. You **should not**:

- Drive a car, operate machinery or power tools
- Drink alcoholic beverages
- Make important decisions or sign legal documents that might be affected by your impaired judgment
- Lift heavy objects (no more than 10 pounds) within 24 hours after the procedure.

After your procedure, get plenty of rest. **Do not** exercise and do not lift objects more than 10 pounds. Keep the affected extremity straight as your doctor has instructed.

## Day after the Procedure

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

1. Maintain your low-fat, low-cholesterol diet when you get home.
2. Increase fluid intake after your procedure. Drink at least 8-10 eight (8) oz. non-alcoholic fluids, i.e., water, juice.
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. Check your insertion site for the next 5 to 7 days.
5. You may only take a shower the morning after your procedure. No baths or swimming. Avoid soaking the insertion site in water. Wash the insertion site with soap and water and then pat dry. Do not apply powder, perfumes or ointments to 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 7 to 10 days.
6. You may have a small knot (size of a quarter) and bruising in the groin, near the insertion site. This will gradually go away.
7. Please refrain from lifting heavy objects (no more than 10 pounds) within 24 hours after procedure.
8.  The incidence of bleeding after you've completed your bed rest is rare. However, if bleeding occurs, it requires immediate attention. If you increasing amount of blood or notice pain and

tenderness followed by an enlarged knot that gets larger, it means that you may have started to bleed. If this occurs, lie down flat and have someone apply firm pressure with both hands next to and above the incision for 15-20 minutes. After the bleeding has stopped, it is necessary to lie flat in bed for 4 hours with the affected extremity straight and call your doctor.

If swelling and/or bleeding continue while pressure is applied, it may be necessary to re-position the point of pressure. If the bleeding still persists, continue to hold pressure and call 911.

9. **After the bleeding has stopped, contact your doctor immediately.** If no one returns your phone call within 20 minutes, call the MD Anderson Cancer Center page operator and ask to speak with the cardiologist on call. The on-call doctor will give you further instructions at that time.
10. If you start to experience chest pain, pressure, tightness or burning in the chest, arm, jaw or stomach call 9-1-1 immediately.
11. Call your doctor if you have the following signs or symptoms:
  - 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
12. Take your medicine as listed on your updated discharge medication sheet. If new medicines are added to your list, make sure that you understand it and how to take it.

**Cardiopulmonary Center**  
Main Building, Floor 6  
713-792-4015

**MD Anderson Cancer Center**  
Page Operator  
713-792-7090