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**Title:** Discharge Instructions for Cardiac Catheterization [By: Schotten A, Health Library: Evidence-Based Information, March 1, 2021]

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## Discharge Instructions for Cardiac Catheterization



A test of the heart and its blood vessels was done. It will show how well blood moves to the heart. Recovery may take up to a few days. Self-care and medicine can help.

### Steps to Take

#### Wound Care

If there is bleeding at the catheter site, apply firm pressure with your hands.

The insertion site may be sore for a few days. Apply cold packs to the area. Do this for 15 to 20 minutes each hour for the first few days. Put a towel between the ice pack and your skin.

To lower the risk of infection:

- Clean the site as advised by your care team.
- Wash your hands before and after cleaning the site and changing the bandage.
- Keep the site clean and dry.
- Do not shower, bathe, or soak in water until the doctor has said it is safe to do so.

#### What to Eat

Drink plenty of fluids after the test. This will flush the x-ray dye from your body.

#### Activity

Rest for the first few days. Return to activity as you are able. During recovery:

- Do not do strenuous activity or heavy lifting until your doctor says it is safe to do so.
- Do not sit for long periods of time. Try to change positions often.
- Do not return to work or have sex until your doctor has said it is okay.
- Do not drive until your doctor has said it is safe.

#### Medications

You may have stopped taking medicine before the procedure. You can take it again when your care team has said it is okay.

Medicine can help to ease discomfort.

When taking medicine:

- Take your medicine as advised. Do not change the amount or schedule.
- Be aware of the side effects of your medicine. Tell your doctor if you have any.
- Medicines can be harmful when mixed. Talk to your doctor or pharmacist if you are taking more than one. This includes over the counter products and supplements.

#### Follow-up

Your doctor will talk to you about the test results. Be sure to go to any advised appointments.

#### Problems to Look Out For

Call your doctor if you are not getting better or you have:

- Signs of infection, including fever and chills.
- Excessive bleeding, redness, swelling, or any discharge from the site.
- Pain that you cannot control with the medicine.

Call for emergency medical services right away if you or a loved one has:

- Face drooping—one side may be numb and smile is uneven.
- Arm weakness—one arm will drift down when both are raised.
- Speech problems—stuttering or cannot repeat a short sentence.

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