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INSTRUCTIONS FOR PATIENTS FOLLOWING CARDIAC CATHETERIZATION

After your catheterization, there are several important instructions for you to follow. It will be necessary for you to:

1. Lie flat on your back without bending your right/left knee for six hours. You will not be able to sit up in bed. Do not try to raise your head. This puts pressure on the puncture site and may cause it bleed.
2. If you are in the outpatient cath unit, you will only be permitted two visitors at a time.
3. If you have to cough, laugh or sneeze, **apply pressure with your hand over the bandage on your groin.**
4. You may experience some tenderness over the puncture site. This is normal and is similar to the feeling when the Novocain wears off after dental procedures. But if there is pain or a warm wet feeling at the site, this is **NOT normal** and requires immediate attention. Apply firm pressure over the dressing and call for the nurse immediately.
5. Since you may not get out of bed to go to the bathroom, it will be necessary to use a bedpan or a urinal until your bed rest is complete. **Always call for assistance. You may not stand up.**
6. Unless otherwise instructed by your doctor, you may eat and drink after the sheath is removed. It is helpful to drink lots of water after the procedure to wash the dye out of your system.
7. Your IV will usually stay in until you are discharged home, unless otherwise instructed by your physician.
8. If you or your family have any questions regarding your instructions. Please ask your nurse to explain to them again.
9. It may be helpful to write your questions down to have them ready when your doctor arrives.

If you are discharged after your procedure:

10. You are NOT to perform any heavy lifting for 5-7 days after the procedure; no excessive bending, squatting for 1 week; splint puncture site with your hand when coughing, sneezing, or laughing.
11. Should you have any discomfort at home, you may take pain medication as prescribed by your physician.
12. Notify your physician regarding any signs of infection (fever over 101 degrees; redness, drainage at the puncture site), any swelling, bleeding, pressure or pain at the site, change in color or numbness/tingling of extremity; chest pain or shortness of breath.