

# *Atlantic Cardiology*

## Cardiac Catheterization Discharge Instructions

You are required to have an adult with you for the next 24 hours. You may not drink any alcohol, drive a car, or operate any heavy machinery for the next 24 hours.

**Activity:** After leaving the hospital, you should rest as much as possible for 24 hours, standing and walking only as necessary (such as going to the bathroom). Avoid heavy lifting and exercise for 7 – 10 days, and minimize stair climbing.

**Medications:** Take as directed by your physician.

**Diet:** Resume your previous diet, except where specified otherwise by your doctor. Drink extra fluids for the next 12 hours (up to 2-3 quarts of water or juice). Please do not drink alcoholic beverages for 24 hours after your procedure.

**Wound Care / Hygiene:** You may shower as soon as you wish. Do not rub the site, gently wash and pat dry.

**Sexual Activity:** Refrain from sexual intercourse for the next 24 hours.

**Call if you have any of the following:** Difficulty breathing or swallowing, chest pain or return of heart symptoms; prolonged vomiting lasting greater than 12 hours and not allowing you to resume your medications and / or regular diet; severe headache unrelieved by Tylenol; redness or swelling at the IV site; or any questions or concerns. **Additional Instructions:** **If you note any signs of bleeding (soaking through the bandage, bulging under the skin, or localized increasing pain), apply direct pressure to the area, call your doctor AND go to the emergency room for evaluation.**

**Anyone who undergoes a procedure and receives a drug eluting stent MUST stay on Plavix for a minimum of one year, aspirin 81mg daily for a lifetime. Do NOT stop these medications for any reason unless cleared with our office directly.**

**Follow Up in the office:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

With Nurse Practitioner:

Or call **(732) 775 – 5300** for an appointment to be seen within 5 – 7 days.