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# DISCHARGE INSTRUCTIONS AFTER CARDIAC CATHETERIZATION ANGIOPLASTY or STENT

PATIENT IDENTIFICATION

The following **DISCHARGE INSTRUCTIONS** are intended to guide you after your:

CARDIAC CATHETERIZATION

CARDIAC INTERVENTION

PERIPHERAL INTERVENTION

**A. DIET & FLUID INTAKE:**

1. You may resume your regular diet. A low fat, low cholesterol diet is recommended.
2. You are encouraged to drink six to eight 8 ounce glasses of fluids in the next 24 hours, except if you are a dialysis patient.

**B. MEDICATIONS:**

1. Prescription(s) sent home with patient. USE AS DIRECTED. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DIABETICS: DO NOT take your Glucophage®, Glucovance®, Metaglip®, or Avandamet® for 48 hours after catheterization, angioplasty or stent.**

**C. ACTIVITIES:**

- ARM Used - No heavy lifting (greater than 5 pounds) for 5 days. No heavy pushing.
- LEG Used - No tub baths or swimming for 1 week. No driving for 2 days. No walking up and down stairs more than 2 times per day for 2 days. No sports activities or strenuous activities for 2 days.
- SPECIAL INSTRUCTIONS to STENT PATIENTS  
Carry your Stent Card with you at all times. It provides important information about your heart disease to any health care professional who might be caring for you. It is also important to tell your health care providers that you are taking aspirin and Plavix®. It is strongly encouraged that all dental work or minor surgery be rescheduled to at least 6 weeks after the day you received your stent.

**D. WOUND CARE:**

1. Check the puncture site daily for 3 days.
2. Remove the clear patch from puncture site after 1 day.

**E. CALL YOUR DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. FEVER over 100 degrees F or 38.5 degrees C.
2. BLEEDING at the site. Lie down and apply pressure to the puncture site for 30 minutes.
3. CHANGE IN COLOR (may be black and blue normally after a catheterization) or any extreme discoloration, coolness to the touch, loss of feeling below the puncture site, or pain in the area below the puncture site.
4. SWELLING, REDNESS, PAIN or DRAINAGE from puncture site in the arm or leg.

**F. SEEK EMERGENCY MEDICAL CARE IMMEDIATELY IF:**

1. BLEEDING from puncture site does not stop after 30 minutes of pressure.
2. BREATHING difficulty or chest pain is experienced.

**Call 911 or 0 (operator) for an ambulance to take you to the nearest hospital. DO NOT drive yourself.**

*The chance of any of these things occurring is minimal, but it is important to know what to do in the event they occur.*

**F. FOLLOW-UP APPOINTMENT:**

1. Please call your physician's office for a follow-up appointment. If you are unsure of when your doctor wants to see you again, call within 24 hours of your procedure to schedule an appointment.
2. If follow-up instructions have not been given, please call your doctor's office the next work day.

**G. OTHER INSTRUCTIONS: (medication administration review, etc.)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

NURSE SIGNATURE / TITLE:	DATE:	PATIENT SIGNATURE:	DATE: