

## After Your Right Heart Catheterization (Internal Jugular Vein Approach)

### *Self-care after your procedure*

*You had a cardiac catheterization procedure today. This handout gives care instructions for you to follow for the next few days.*

### Activity

- For **24 hours** after your procedure:
  - Rest quietly at home
  - Do **NOT** drive for 24 hours
  - If you had sedation, see instructions below and on page 2
- **Starting 24 hours** after your procedure, you may:
  - Shower
  - Return to light activity
  - Drive
- For **48 hours** after your procedure:
  - Avoid strenuous activity, such as housework, gardening, or any self-care tasks that you can do later
  - Ask for help with any tasks that need to be done during this time



*Talk with your cardiologist if you have any questions or concerns about your procedure.*

### If You Had ANY Sedation

Sedation can make you sleepy, and make it hard for you to think clearly. Because of this:

- **A responsible adult must take you home after your procedure.** You may not take a bus, shuttle, taxi, or any other transportation by yourself.

- For the next **24 hours**:
  - Do **NOT** drive.
  - Make sure you have a responsible adult who can help you if needed during this time.
  - Do **NOT** be responsible for the care of anyone else, such as children, pets, or an adult who needs care.
  - Do **NOT** drink alcohol or take drugs other than the ones your doctors prescribed or suggested.
  - Do **NOT** make important decisions or sign legal papers.

## Pain Control

Some people are sore for 1 to 2 days where the catheter was inserted. If you need medicine for pain relief:

- You may take acetaminophen (Tylenol). Follow the instructions on the package.
- Take your regular aspirin as prescribed for your heart, but do not take more aspirin for pain.
- Do **not** take other products that contain aspirin.
- For 5 days after your procedure, do **not** take ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), or other anti-inflammatories. They may cause increased bleeding.

## Site Care

- Keep the site clean and dry.
- You may remove the site dressing 24 hours after your procedure.
- After you remove the dressing, gently clean the site with mild soap and water. Do **not** scrub or rub the area. Pat dry with a clean towel.
- You may shower the day after your procedure, but do not take a bath, sit in a hot tub, or go swimming for 5 days.
- For the next 3 days, watch for signs of infection. Call the cardiologist who did your procedure if you have:
  - Redness or drainage at the site
  - Fever higher than 101.5°F (38.6°C)



*If you have heavy bleeding or a lot of swelling, put pressure on the site and call 911.*

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **For general questions:** weekdays from 8 a.m. to 5 p.m., call the Heart Institute at 206.598.4300.
- **For questions related to your procedure,** weekdays from 6:30 a.m. to 8 p.m.: Call Cardiac Procedures at 206.598.7146. Ask to talk with a nurse.
- **For urgent concerns related to your procedure,** or if it is after hours or on a weekend or holiday: Call 206.598.6190 and ask to page the Cardiology I Fellow on call.

- You may have a bruise where the catheter was inserted. It might spread down your neck over the next day. This bruise may take 2 to 3 weeks to go away.

## When to Call

If you have a lot of pain or swelling at the catheter site, call the cardiologist who did your procedure.

Call 206.598.6190 and ask to page the Cardiology I Fellow on call if you have:

- **Swelling or blood oozing** where the catheter was inserted, that does not stop after you apply pressure for 10 minutes
- **Severe pain** that is not eased by acetaminophen (Tylenol)
- Any signs of infection:
  - Redness at the site
  - Fever higher than 101.5°F (38.6°C)
  - Drainage from the site

## Follow-up Care

- Keep taking your prescribed medicines unless your doctor tells you otherwise.
- Follow up with your primary care provider after your procedure, as instructed.