

After Your Cardiac Electrophysiology Study

Self-care after your study

You had a cardiac electrophysiology study today. This handout gives care instructions for you to follow for the next few days.

Activity

For the rest of the day after your study:

- Rest quietly at home
- Do **not** drive for 24 hours

Starting 24 hours after you are discharged from your study, you may:

- Return to light activity
- Drive
- Shower

For **48 hours** after your study:

- Do **not** do anything that puts stress on your puncture site. This includes housework, gardening, and many self-care tasks. Ask for help with any tasks that need to be done during this time.
- It is OK to walk up and down stairs, but limit how much of this you do.

For **5 days** after your study:

- Do **not** lift more than 5 pounds (2.3 kilograms). A 2-liter bottle of soda weighs about 4½ pounds.
- Do **not** allow the puncture site to be covered by water. This means you cannot take a bath, sit in a hot tub, or go swimming.

Pain

- You will most likely be sore for 1 to 2 days at the puncture site where the catheter was inserted. You may take acetaminophen (Tylenol) to relieve pain. Follow the dose instructions on the package.
- If your doctor prescribed aspirin for your heart, you may take it as usual. But do **not** take extra aspirin for pain control.
- Do **not** take other anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause bleeding.



If you have questions after you go home, call your cardiologist who did your study.

- If your pain at the puncture site is not eased by acetaminophen, call 206.598.6190 and ask for the Cardiology E Fellow on call to be paged.

Site Care

- You may remove the dressing or bandage 24 hours after your study.
- Keep the area clean and dry.
- For the next 3 days, check for these signs of infection:
 - Redness at the site
 - Fever higher than 101.5°F (38.6°C)
 - Drainage from the site
 - You may have a bruise at the puncture site where the catheter was inserted. It might spread down your leg over the next day. This bruise may take 2 to 6 weeks to go away.
 - If you have swelling or bleeding at the puncture site, use your fingers or fist to put pressure on the area to stop it. If the swelling or bleeding does not stop after 10 minutes, keep pressure on the site and call 206.598.6190. Ask for the Cardiology E Fellow on call to be paged.

When to Call

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

Call 206.598.6190 and ask for the Cardiology E Fellow on call to be paged if you have:

- **Swelling or blood oozing** at the puncture site that does not stop after you apply pressure for 10 minutes.
- **Drainage from the site or a lot of redness around it.**
- **Severe pain** that is not relieved by acetaminophen (Tylenol).

Follow-up Care

- Keep taking your prescribed medicines unless your doctor tells you otherwise.
- If you have questions or concerns about your procedure, please call the Interventional Cardiac Recovery Unit (ICRU) at 206.598.7146, weekdays from 6:30 a.m. to 8 p.m.
- Follow up with your primary care provider after your procedure, as instructed.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns. UWMC clinic staff are also available to help.

For questions about your study, call the ICRU at 206.598.7146 weekdays from 6:30 a.m. to 8 p.m. to speak with a nurse.

For urgent procedure-related concerns, or if it is after hours, and on weekends and holidays, call 206.598.6190 and ask for the Cardiology E Fellow on call to be paged.