



## 病人教育

心臟病介入治療復康病房



# 心導管檢查之後

## 檢查後自我保健

你今天進行了心導管檢查。本手冊給你一些護理建議，你須在接下來的幾天遵從這些建議。

### 活動

- 檢查完後當天的餘下時間：
  - 在家靜休。
  - **切勿**開車。
- 檢查完後的第二天，你可以恢復輕量活動以及開車。
- 檢查完後 48 小時內避免劇烈活動。
- 可以上落樓梯，但限制上樓梯的級數。
- 檢查完後 5 天內**切勿**手提超過 5 磅重的物體。

### 疼痛

- 導管插入部位在 1 到 2 天內有疼痛是正常的。可以服用醋氨酚 (Tylenol) 來減輕疼痛。必須遵從包裝上的用藥量說明。
- 定時服用醫生開的阿司匹林。
- **切勿**服用其他含有阿司匹林的藥物。**切勿**服用其他消炎藥物，例如布洛芬 (Advil、Motrin) 或萘普生 (Aleve、Naprosyn)。這些藥物可能會導致更多出血。
- 如果導管插入部位非常痛或腫脹，應致電為你進行心導管檢查的心臟病專家。

### 傷口護理

- 你可以在檢查完 24 小時後拆除掉紗布或綑帶。
- 保持導管插入部位乾淨和清爽。
- 檢查完後第二天便可以進行淋浴，但 5 天內應避免盆浴、熱水缸浴或游泳。

## 有任何為題嗎？

你的問題非常重要。如果你有任何問題或疑慮，請致電你的醫生或醫療提供機構。UWMC 診所的工作人員亦可隨時提供幫助。

若對檢查程序有任何問題，請在周一至周五上午 6 點 30 分至下午 6 點致電 ICRU，電話：206-598-7146。

在下班後、周末和節假日，請致電 206-598-6190，要求尋呼當值的心臟手術科醫護人員。

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- 在接下來的 3 天，檢查導管插入部位是否有以下感染迹象：
  - 變紅
  - 發燒超過 101.5°F (38.6°C)
  - 有液體流出
- 導管插入部位可能會有瘀傷，第二天還可能會擴散到腳部。瘀傷會在 2 到 6 周內消失。

### 何時需要打電話求助

**如果出現嚴重出血或大面積腫脹，必須緊壓傷口並致電9-1-1。**

如果出現以下情況，應致電為你進行心導管檢查的心臟病專家：

- 導管插入部位腫脹或流膿。用手指緊壓繃帶表面 10 分鐘。如果腫脹或流膿沒有停止，繼續緊壓傷口。
- 從傷口流出液體或傷口周圍極度紅腫。
- 服用 Tylenol 仍不能減輕痛楚。

### 後續護理

- 繼續服用醫生開的藥物，除非另有醫囑。
- 如果對你的心導管檢查有任何問題或疑慮，請在周一至周五上午 6 點 30 分至下午 6 點致電心臟病介入治療復康病房 (ICRU)，電話：206-598-7146。
- 按照醫囑，檢查完後跟進看你的家庭醫生。

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Interventional Cardiac  
Recovery Unit**

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After Your Cardiac Catheterization  
Chinese

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# After Your Cardiac Catheterization

*Self-care after your test*

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

## Activity

- For the rest of the day after your procedure:
  - Rest quietly at home.
  - Do **not** drive.
- On the day **after** your procedure, you may return to light activity and you may drive.
- Avoid strenuous activity for 48 hours.
- It is OK to go up and down stairs, but limit how much stair climbing you do.
- Do **not** lift more than 5 pounds for the next 5 days.

## Pain

- It is common to be sore for 1 to 2 days at the catheter insertion site. You may take acetaminophen (Tylenol) for pain relief. Follow the dosing instructions on the package.
- Take your regular aspirin as prescribed.
- Do **not** take other products that contain aspirin. Do **not** take other anti-inflammatory products such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause increased bleeding.
- If you have severe pain or swelling at the catheter site, call the cardiologist who did your procedure.

## Site Care

- You may remove the dressing or bandage 24 hours after your procedure.
- Keep the site clean and dry.
- You may shower the day after your procedure, but avoid tub baths, hot tubs, or swimming for 5 days.

## Questions?

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

For procedure questions, call the ICRU at 206-598-7146 weekdays from 6:30 a.m. to 6 p.m.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Procedural Cardiology Fellow on call to be paged.

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- For the next 3 days, inspect the site for these signs of infection:
  - Redness
  - Fever higher than 101.5°F (38.6°C)
  - Drainage
- You may have a bruise at the insertion site. It might spread down your leg over the next day. It may take 2 to 6 weeks to go away.

## When to Call for Help

**If you have heavy bleeding or a large amount of swelling, apply pressure to the site and call 9-1-1.**

Call the cardiologist who did your procedure if you have:

- Swelling or oozing at the site. Apply pressure on top of the bandage with your fingers for 10 minutes. If the swelling or oozing has not stopped, continue to apply pressure at the site.
- Drainage from the site or intense redness around it.
- Severe pain that is not relieved by Tylenol.

## Follow-up Care

- Continue your prescribed medicines unless instructed otherwise.
- If you have questions or concerns about your cardiac catheterization procedure, call the Interventional Cardiac Recovery Unit (ICRU) at 206-598-7146, weekdays from 6:30 a.m. to 6 p.m.
- Follow up with your primary health care provider after your procedure, as instructed.

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