You had a heart catheterization test today through an artery in your wrist. This handout gives care instructions for you to follow for the next few days.

Activity

| For 24 hours:                        | • Do not drive.                          |
|                                      | • Rest quietly at home.                  |
| For 48 hours:                        | • AVOID lifting, pushing, or pulling with the affected arm. |
|                                      | • AVOID bending, turning, or twisting your wrist on the affected arm. |
|                                      | • Do NOT have your blood pressure taken on the affected arm. |
| For 5 days:                          | • AVOID vigorous exercise with the affected arm. |
|                                      | • Do NOT lift anything that weighs more than 5 pounds (2.27 kilograms) with the affected arm. (A 2-liter soda bottle weighs more than 4 pounds.) |
|                                      | • 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. |

If You Had ANY Sedation

After sedation, you can be sleepy and have problems thinking clearly. Because of this:

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

• **For 24 hours:**
  - Do NOT drive.
  - Make sure you have a responsible adult to help you as needed.
  - Do NOT make important decisions or sign legal papers.
- 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.

Pain Control

- 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) for pain relief. Follow the dosing instructions on the label.
- **For 5 days after your procedure**, do not take anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). They may cause bleeding.
- If your doctor prescribed aspirin for your heart, you may take it as usual. **But do not** take extra aspirin for pain control.

Site Care

- Keep the area clean and dry.
- You may remove the dressing (bandage) 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.
- 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
  - A fever higher than 101.5 (38.6)
- 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.
- It is normal to have a small bruise or lump at the site in your wrist.

When to Call for Help

If you have sudden, heavy bleeding or a lot of swelling at the puncture site, apply firm pressure to the site and call 911.

Bleeding

If you have bleeding at the puncture site:

- Apply firm pressure to the site with clean fingers or the palm of your hand for 10 minutes.
- If you cannot control the bleeding or swelling, **call 911 right away**. Keep applying firm pressure over the site until help arrives.
• If the bleeding stops, sit quietly for 2 hours, with the affected wrist straight and raised above your heart level.

Other Concerns
Also call the cardiologist who did your procedure if you have:

• Any of these signs of infection:
  - Redness
  - Fever higher than 101.5°F (38.6°C)
  - Drainage
  - Change in the bruise or lump at the site
  - Numbness in your arm or wrist

• Severe pain that is not relieved by acetaminophen (Tylenol)
• Swelling or blood oozing where the catheter was inserted that does not stop after you apply pressure for 10 minutes

Medicines After Your Procedure
• If you had a stent placed, you will take:
  - Aspirin to prevent blood clots in the artery where the stent was placed.
  - A blood-thinning medicine similar to aspirin that will help prevent blood clots. One of these is called clopidogrel (Plavix), but your cardiologist may prescribe a similar medicine with a different name.

• Resume all heart medicines you were taking before your procedure. Your primary cardiologist will review your medicines at your follow-up visit within 2 to 4 weeks after your procedure.

• For minor pain, you may take acetaminophen (Tylenol), either regular (325 mg) or extra strength (500 mg). Do not take more than 4 gm (4,000 mg) in a 24-hour period.

• Keep taking your other prescribed medicines unless your doctor tells you to stop.

Follow-up Care
• If you had a stent placed, the artery in your heart can become blocked again after the procedure. Watch for the same symptoms that you had before the procedure. Call your doctor right away if your symptoms return.

• Schedule a follow-up visit with your heart doctor (cardiologist) or primary care provider. Be sure to keep this appointment. Follow-up visits are usually 2 to 4 weeks after you leave the hospital.