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

After Your Cardiac Catheterization
(Transradial Approach)
Self-care after your test

Activity After Your Test

<table>
<thead>
<tr>
<th>For 24 hours:</th>
<th>Do not drive.</th>
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<tbody>
<tr>
<td>For 2 days:</td>
<td>Do not lift more than 1 pound with the affected arm.</td>
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<td></td>
<td>Avoid wrist movement.</td>
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<tr>
<td>For 5 days:</td>
<td>Avoid vigorous exercise that uses the affected arm.</td>
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</table>

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 at the catheter site, call your provider.

Site Care

- You may remove the dressing or bandage the day after your procedure.
- Keep the site clean and dry. Clean the site gently with mild soap and water. Reapply a clean Band-Aid, if needed.
- It is normal to have a small bruise or lump at the insertion site.
- You may shower the day after your procedure, but avoid tub baths, hot tubs, or swimming for the next 3 days.
- Inspect the site every day for infection. (See “When to Call for Help” on the next page for signs of infection).
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 Procedural Cardiology Fellow on call to be paged.

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.

Bleeding

• If you have bleeding at the site, apply pressure to the site with clean fingers for 10 minutes.
  - If the bleeding does not stop in 10 minutes, or there if is a large amount of bleeding, call 9-1-1 right away. Continue to apply pressure over the site until help arrives.
  - If the bleeding stops, sit quietly for 2 hours while you keep the affected wrist straight. Call the cardiologist who did your procedure as soon as possible.

Other Concerns

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.

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

• 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.