

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.