



Discharge Instructions: Heart Catheterization/Angiogram and PCI

Definitions

PCI- Percutaneous Coronary Intervention; includes, angioplasty, stents, atherectomy, rotoblator and laser.

What to expect after your procedure

1. Most PCI patients remain in the hospital overnight, usually in the cardiac care unit (CCU) or a special unit for patients undergoing cardiac catheterization and PCI.
 - a. Arrange for someone to drive you home from the hospital.
2. Before leaving the hospital, you will receive a written physician discharge instruction sheet that your hospital nurse will review with you and give you a copy to take home.
3. Medications: If a new medication is prescribed or changed this will be written on your discharge instructions sheet and a prescription will be provided to take to your pharmacy.
 - a. Do not take Glucophage or metformin for 48 hours
4. Commonly prescribed medications following a PCI may include daily Aspirin and Plavix (Clopidogrel) to prevent blood from forming clots and to assist in keeping the coronary stent open.
 - a. It is very important when taking Plavix daily and not to stop unless instructed by your cardiologist.
5. Wound Care Instructions:
 - a. Keep puncture site clean and dry.
 - b. DO NOT apply ointments, lotion or powder to the site.
 - c. A Band-Aid may be applied and changed daily.
 - d. Please wash hands with soap and water before changing your bandage.
 - e. If skin glue or steri strips were used, leave it in place until it comes off on its own (usually about two weeks)
 - f. A small amount of bruising or tenderness is normal around the puncture site.
6. If you had a sealing device placed, you may feel a small hard lump at the incision site. Do not rub the lump as this may cause bleeding; It will dissolve in 4-6 weeks.
 - a. If **excessive bleeding** occurs at the puncture site, apply firm direct pressure over the site and **call 911**.



7. Bathing Restrictions:
 - a. Showers are permitted after 24 hours. Pat incision site dry, do not rub.
 - b. No submersion of the incision site (tubs/swimming pool/spa) for five days.

8. Activity Limitations:
 - a. Limit activity of the leg used for catheterization for three days; activities include but are not limited to aerobics, swimming, running, bicycling, dancing and any other activities that require bending and lifting.
 - b. Avoid heavy lifting for 48 hours
 - c. No lifting weight greater than 10 pounds for three days
 - d. Resumption of sexual intercourse can usually be within seven to ten days, but check with your cardiologist for specific instructions.

9. Driving a Car, if applicable:
 - a. Instructions will be provided on your discharge sheet. Usually this is permissible within 3-10 days following discharge.

10. Diet:
 - a. You are encouraged to follow a healthy diet to include a low cholesterol, low saturated fat, and low sodium. Drink plenty of fluids to help flush out the dye used during your procedure.

11. STOP Smoking!



Follow Up Appointment

If you had a PCI, your visit will be with the invasive cardiologist who performed your PCI within 1-2 weeks following your hospital discharge, otherwise your visit will be with your office cardiologist.

When to contact your Doctor

PCA (877)-430-7337

Call immediately if you experience:

1. difficulty breathing
2. fever greater than 102F (sign of possible infection) or chills
3. drainage of pus from the incision site (sign of possible infection)
4. red, warm incision site (sign of possible infection)
5. swelling or redness at the incision site (sign of possible infection)
6. the leg used for catheterization looks pale or is numb
7. if the wrist is used for catheterization, report color changes (blue or purple) to the area around the incision site
8. swelling at the incision site that appears to be growing in size and may look like it is pulsating with each heartbeat