Cardiac Catheterization, Angioplasty, or Stent Discharge Instructions

Medications

- If you have a stent, do not stop taking Plavix until you speak to your Cardiologist.
- Take an Aspirin daily as ordered by your doctor.
- If you need to have an MRI within 8 weeks after a stent consult your doctor.

If you have Diabetes

- Do not take your Glucophage (Metformin) or Glucovance (Gyburide and Metformin) for 48 hours after catheterization, angioplasty, or stent.

Activity

- No heavy lifting greater than 10 pounds for at least 10 days.
- No heavy pushing or pulling, or large housework chores.
- No sports activities, working out, yard work or driving for 2 days following your procedure.
- No walking up and down stairs more than 2 times daily for 2 days.
- Moderate walking on a flat surface is okay.
- Stop if you are in pain.
- If a closure device was used follow the instructions in the pamphlet given to you for that device.
- No sexual activity for at least 2 days after your procedure or until your doctor says you are able.

Bathing and Personal care

- You may shower the day after your procedure.
- No tub baths or swimming for 1 week.
- Gently wash the access site with mild soap and warm water.
- Do not rub the puncture site.

Normal Expectations

- Slight bleeding at the incision site may happen.
- There may be bruising at the site after a catheterization. This is normal.
When to Call the Office

- If you have a fever over 101°F or 38.5°C.
- Bleeding at the site. Lie down and put pressure on the incision site for 30 minutes.
- Any extreme discoloration, coolness to touch, or loss of feeling in the area below the site.
- Swelling, pain, or drainage from the procedure site in the leg or arm.

Seek care right away if:

- Bleeding from your incision does not stop after 30 minutes of pressure.
- You have chest pain or trouble breathing.

Call 911 for an ambulance to take you to the nearest Hospital. Do not drive yourself.

- Remember to schedule and keep your follow-up appointments with your primary doctor and your Cardiologist.

Breaking the Smoking Habit

- It is never too late to quit smoking if you smoke. This one of the best things you can do to keep Coronary Artery Disease (CAD) from getting worse.
- Smoking reduces oxygen flow to your heart.
- Smoking speeds up plaque build-up in the artery walls.
- Smoking increases your risk for a heart attack.
- Your Primary Care Physician can assist you in smoking cessation therapies and treatments.

Resources for Quitting Smoking

- American Heart Association 1-800-242-8721
- American Lung Association 1-800-548-8252
- American Cancer Society 1-800-227-2345

Diet

- Eat lightly for 2 days following your procedure. You do not want to eat any foods that will give you a lot of gas for this time period.
- It is important to maintain a healthy body weight.
- Eat a diet low in saturated and Trans fats.
- Choose a wide variety of fruits and vegetables. Eat at least 5 servings of each daily.
- Eat whole grains, rich in fiber, vitamins and minerals.
- Snack on unsalted nuts and seeds. A portion size equals a small handful.
- Use lean protein including lean cuts of beef, pork, skinless chicken, fish, and beans.
- Choose low-fat dairy products.
- Drink plenty of water. Try for (6) 8 ounce glasses daily.
• Stay away from partially-hydrogenated oils, usually found in pre-packaged foods such as cookies, crackers and cakes. Make sure to read package labels.
• Avoid fried foods.
• Do not eat highly salted foods, usually canned and pre-packaged.

Remember to call the office if you have any questions or concerns.