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*Information for You from Your Health Care Team*

## Discharge Instructions after Cardiac Catheterization, Angioplasty or Stent

### Activities:

- You may shower the day after your procedure. Gently wash access site with mild soap and warm water. **Do not rub puncture site.**
- Eat lightly – do not eat food that will give you a lot of gas for 2 days.
- No sex for at least 2 days after procedure or until your Doctor advises.

### Important - if you have Diabetes:

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

### When the arm used:

- No heavy lifting greater than 10 pounds for at least 10 days.
- No heavy pushing or pulling.

### When the leg used:

- No tub baths or swimming for 1 week.
- No driving for 2 days.
- No mowing the lawn for 2 days.
- No walking up and down stairs more than 2 times daily for 2 days.
- No sports activities or strenuous activity for 2 days.
- Moderate walking on a flat surface is allowed.
- If a closure device was used follow the instructions in the pamphlet given to you for that closure device.

## Call your Doctor if you have any of the following:

- Fever over 101 degrees F or 38.5 degrees C.
- **Bleeding** at the site. Lie down and put pressure on the incision site for 30 minutes.
- **Change in color** any extreme discoloration, coolness to touch or loss of feeling in the area below the site. The site may be black and blue after a catheterization which is normal.
- **Swelling, redness, pain or drainage** from procedure site in the leg or arm.

## Seek care immediately 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**

## If you have a Stent:

- Take your Plavix® as ordered by your Cardiologist.

### **Important:**

**Do not stop taking Plavix® until you speak to your Cardiologist.**

- Take an Aspirin everyday as ordered by your Physician.
- If you need to have a MRI within 8 weeks after a stent consult your Doctor.

## Follow-up appointments:

Please schedule and keep appointments with your Primary Medical Doctor and Cardiologist.

## Breaking the smoking habit:

It is never too late to quit smoking if you smoke. This is one of the best things you can do to keep Coronary Artery Disease (CAD) from getting worse.

### **Smoking:**

- Reduces oxygen flow to your heart.
- Speeds plaque buildup in the artery walls.
- Increases your risk for a heart attack.

Your Primary Care Physician can assist you in smoking cessation therapies/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:**

It is important to maintain a healthy body weight.

- Eat a diet low in saturated and trans fats.
- Use:
  - ⊖ Eat lean protein including lean cuts of beef, pork, skinless chicken, fish and beans.
  - ⊖ Consume low fat dairy products.
- Choose a wide variety of fruits and vegetables; eat at least 5 per day.
- Eat whole grains, rich in fiber, vitamins, and minerals.
- Snack on unsalted nuts and seeds. Portion size = small handful
- Drink plenty of water. Aim for 6 eight-ounce glasses a day.

#### **Avoid:**

- Avoid partially-hydrogenated oils, commonly found in pre-packaged foods such as crackers, cookies, and cakes.
- Avoid fried foods.
- Avoid highly salted foods coming from canned and pre-packaged foods.

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