

# Going home after a catheter procedure to examine or treat your heart condition

East Midlands Congenital Heart Centre

Information for Patients

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## Introduction

The advice in this leaflet is for adults who have had a cardiac catheter procedure. It has advice about what you can expect after discharge and important advice to follow at home. Please carry this leaflet with you at all times until your follow-up appointment in clinic.

## Call 999 or go to your local Emergency Department to be seen if:

- You become very short of breath, have serious chest pain, become dizzy or faint whilst at home.

## Aftercare in the first 24 hours

- It is recommended that a responsible adult stays with you for the first 24 hours after discharge.
- To help reduce the risk of bleeding and problems in the groin area, please avoid doing too much activity or exercise in the first 24 hours after the procedure.
- You can have a bath the day after your procedure.
- You do not have to stay in bed and it is actually better to gently move around. This will help stop blood clots from forming in your veins.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Aftercare

The procedure was done by passing a tube into the vessels in the groin or neck until it reaches the heart.

After some procedures (such as stenting of pulmonary arteries or aorta) you may have some mild chest pain which will settle with simple painkillers such as paracetamol.

If you have other mild symptoms such as

- Feeling of heart beating (palpitations)
- Discomfort in your groin,
- Or if you have any questions

Please contact the ward/ cardiac specialist nurse for advice.

## Wound care:

- The plaster covering the hole where the tube was (puncture sites) can be removed the next day. It does not need to be replaced.
- Avoid heavy lifting or high levels of exercise for 1 week to reduce the risk of bleeding.
- It is usual to have some discomfort at the puncture sites mainly due to bruising. However, If the wound becomes red, swollen or more painful please contact the ward/ cardiac specialist nurse for advice.

## Bleeding:

The puncture sites can bleed but this is rare after 24 hours. If it does bleed:

- Lie flat and don't panic.
- Put a clean tissue over the site and ask the person looking after you to hold and apply firm pressure for 10 minutes.
- If the bleeding doesn't stop call 999.

## Medications:

You will usually return to taking your normal medications.

After some procedures you may be asked to start taking aspirin and/or clopidogrel for 3 to 6 months. This is to

- Help tissue to grow over implanted devices and
- Reduce the chances of blood clots forming.

If there are any changes to your medications, the medical team will tell you before you are discharged.

## **Returning to everyday activities**

Avoid too much activity for at least 1 week after the procedure. Your doctor or specialist nurse will tell you before discharge, if this needs to be longer. After 1 week you can start your usual activities as long as you feel okay.

## **Returning to work:**

You may need up to 1 week off work to get better at home.

If you have a manual job then you may need to stay off work for longer. If you need a fit (sick) note for your employer, please ask the ward staff. You are legally allowed to self-certify for 7 days before you need a fit note.

## **Driving / travel:**

We advise that you do not drive for at least 24 hours after the procedure. You can start driving again once you can safely do an emergency stop.

It is advisable not to fly within the first 4 weeks of the procedure. You should ideally wait until you have been seen in clinic for your follow-up and when your consultant tells you it is safe for you to travel or speak to the cardiac specialist nurses for advice.

## **Information for health care providers**

This patient has had a recent cardiac catheter procedure. Most patients recover without any problems. A small number may have complications, but most complications are found before patients are discharged.

**Any patient being treated by a health care provider or the Emergency Department after being discharged from a recent cardiac catheter procedure, should be discussed with the on call Paediatric Cardiology / East Midlands Congenital Heart Centre Consultant (0300 303 1573).**

## Contact details

### Adult Congenital Cardiology:

Ward 32/ Adult Ward - 0116 258 3313 / 3731

Adult Cardiac Specialist Nurse - 0116 250 2887

**East Midlands Congenital Heart Centre:** 0116 258 3997/ 3847

(For outpatient appointment queries) 8:00am to 4:00pm



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Previous reference:

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