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Care Following Your Catheter Procedure

If you leave the hospital the same day as your procedure, stay within 30 minutes of the hospital for one night. Someone should stay with you for the first 24 hours after your procedure.

When you have a catheter procedure, the catheter may be placed in different veins or arteries, including:

- Internal jugular vein (in the neck)
- Radial or brachial artery (in the arm)
- Femoral artery or vein (in the groin area)

This information is meant to help you recover after your catheter procedure. Depending where the catheter is placed, your activity restrictions may differ.

Care for all sites (internal jugular vein or radial or femoral arteries)

After being sedated, it is common to have lapses of memory, slowed reaction time and impaired judgment. Arrange for someone to accompany you to and from your appointment and drive you home.

For the rest of the day after being sedated:

- Rest.
- Do not drive or operate motorized vehicles or equipment.
- Do not return to work or school.
- Do not be responsible for children or anyone who depends on your care.
- Do not use exercise equipment or take part in rough play or sports.
- Do not drink alcoholic beverages.

Call your physician if you have any of the following symptoms:

- Pain or discomfort at the puncture site that is not helped by taking acetaminophen (Tylenol™).
- Signs of infection:
 - Temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater.
 - Chills.
 - Increased swelling, tenderness or redness at the site.
 - Increased pain or pain not relieved by pain medications.
 - Drainage or oozing, or bad-smelling odor coming from the site.

- Change in color, temperature or sensation in the arm or leg of the puncture site.
- Unusual feelings of weakness or faintness.

Bathing

You may shower the morning after your procedure. At that time, you may take off the bandage. For three days after your procedure, do not soak in a tub. Keep the site clean and dry. Do not use creams or powders on the puncture site.

Discomfort

Normally, the site of the puncture is slightly tender and swollen. There may be a small area of discoloration or a small knot in the area of the puncture. Tenderness at the puncture site may continue for one to two days.

You may take a nonaspirin pain reliever containing acetaminophen, such as Tylenol™, in the recommended dose, as needed for discomfort.

Medications

Take all your previously prescribed medications, including aspirin, as you normally do unless your physician tells you otherwise.

Metformin and contrast dye

If you received contrast material with iodine during your catheter procedure and take metformin, **ask your health care provider when you can restart your metformin, usually 48 hours (2 days) after the procedure.**

Contrast dye may increase the risk of serious side effects if you take metformin (for example, Glucophage™, Glumetza™, Fortamet™) or metformin-combination products (for example, Glucovance™, Metaglip™).

Care for femoral (groin area) sites

If you have active bleeding or new swelling of the puncture site:

- Call **911** or your designated emergency number.
- Lie down
- Apply firm pressure with 2 or 3 fingers just above (not on top of) the puncture site until help arrives.
- **Do not** drive yourself to the hospital.

Activity

Up to three days after your procedure, avoid strenuous activities and do not take part in sports.

Do not:

- Lift or move objects that weigh more than 10 pounds.
- Do strenuous exercise (biking, weight lifting, aerobics, golfing).
- Strain.
- Climb stairs.
- Take part in sexual activity.

Care for jugular (neck) sites

If you have active bleeding or new swelling of the puncture site:

- Call **911** or your designated emergency number.
- Lie down
- Apply firm pressure with 2 or 3 fingers just below (not on top of) the puncture site until help arrives.
- **Do not** drive yourself to the hospital.

Call 911 or your designated emergency number if you have a hard time breathing or swallowing or if your voice changes.

Activity

Avoid strenuous activities for the remainder of the day.

Care for radial (arm) sites

If you have active bleeding or new swelling of the puncture site:

- Call 911 or your designated emergency number.
- Lie down
- Apply firm pressure with 2 or 3 fingers just above (not on top of) the puncture site until help arrives.
- **Do not** drive yourself to the hospital.

Seek medical care if you have numbness, tingling, loss of sensation, new pain, change in temperature or change in color of the affected hand or arm.

Activity

- Do not lift more than 5 pounds for 24 hours.
- Avoid repetitive or strenuous activities with the affected hand or arm for 24 hours.
- Do not soak the affected hand or arm for 3 days (for example, do not wash dishes or soak in the bath).

Ask a member of your health care team about returning to work and about restrictions that are not listed here.

Your follow-up appointment is scheduled for:

Additional instructions

Procedure done

Puncture site(s)

Physician who did the procedure

If you have questions, contact your health care provider.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

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