



GATEWAY CARDIOLOGY, P.C.

Discharge Instructions: Post Cardiac Catheterization

DIET:

- Please try to follow low fat, low salt, low cholesterol diet.
- If Diabetic, resume previous calorie restricted diabetic diet.

ACTIVITY:

- No driving for two to three days
- No heavy lifting (Over ten pounds)
- No strenuous activity

GROIN CARE:

- Wash groin with soap and water daily in shower.
- Do not apply lotions or creams unless directed by physician

NOTIFY PHYSICIAN:

- If your temperature is greater than 101 degrees
- Redness or drainage from groin site
- Increased bruising or swelling from groin site
- Pain or numbness to groin site or affected leg which does not go away.
- If puncture site starts to bleed again after discharge apply direct pressure and Call 911.
- Call Gateway Cardiology should you experience a return of symptoms such as chest pain or shortness of breath.

**A small knot at the puncture site is normal scar tissue. However, if the knot/lump is getting larger and is painful, please call the office (314) 729-0088

FOLLOW UP CARE:

You will need to make any appointment with your primary care physician in 1 – 2 weeks.

Your appointment with the Cardiologist is on: _____

PLEASE DO NOT HESITATE TO CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS.
(314) 729-0088