



## Discharge Instructions

For patients who received moderate sedation.

### Activity for the next 24 hours

- You must have someone to take you home.
- Do not drive, operate machinery, or power tools.
- Do not drink alcohol, including beer.
- Do not smoke if you are alone.
- If you are going home, you should have a responsible adult/caregiver for 24 hours after the procedure.

### Activity for the next 48 hours

- No heavy lifting (over 10 pounds).
- Avoid pushing or pulling motions, such as vacuuming or mowing the lawn.
- No exercise or straining and avoid using stairs if possible.
- When you cough, sneeze or strain, hold pressure on the groin puncture site to lessen the chance of bleeding.

### Common Side Effects

- Soreness at the site of the puncture wound.
- Slight bruising may persist at the site for several days to several weeks.
- Lump the size of a pea or marble at the site for a few weeks.

### Care of your Incision Site

- Keep the dressing in place for 24 hours. Then, remove and replace with a Band-Aid.
- The bandage is no longer necessary after 48 hours.
- Cleanse the site gently with soap and water. No lotions or creams.
- Do not sit in the bathtub or a pool for 3-4 days until the wound has completely healed.

### Diet

- You may resume your normal diet

### Medicines

- Keep taking prescribed medications as directed unless you are told otherwise (Medications reconciled with patient)
- If you are currently taking a medication called Metformin or Glucophage, do not take the day of your procedure and for 48 hours after your procedure.
- If you are currently taking a blood thinner (i.e. Plavix, Warfarin, Aspirin) or are prescribed one after your procedure, start the medication the day of your procedure.

Call our office **(419-866-2000)** if you have

- Numbness, tingling or color change in the leg or arm used For the puncture site.
- Increasing pain, firmness, or redness near the puncture site.
- A temperature of greater than 101 F
- Any problems, questions, or concerns

### Bleeding at the site

1. Lie down
2. Apply firm pressure about 2 finger widths above the site.
3. CALL 9-1-1
4. Maintain pressure until help arrives

Patient Signature \_\_\_\_\_ RN Signature \_\_\_\_\_ Date \_\_\_\_\_