

Your Congenital Cardiac Catheter

Discharge information for patients

You have undergone a cardiac catheter and now you are ready to go home. Here is some information you may find helpful.

You can usually go home the next day. You may need some further investigations before you can be discharged such as an ECHO, chest X-ray, ECG and urine dip test. We will aim to discharge you by late morning but this depends on your investigations. Please ask someone to collect you.

What about the wound after the procedure?

Observe the wound for signs of infection like oozing, swelling, redness and becoming more tender or hot to touch. If it starts bleeding once you're at home apply pressure and telephone for advice. Please also telephone for advice if your leg becomes discoloured or cold to touch or you experience "pins and needles". People you can telephone for advice include the Nurse Specialists, your GP or **111**.

Pain

Your groin may be a little sore, paracetamol should be adequate. It is normal for the site to be bruised and there may be a small lump under the skin.

If you are concerned about your breathing, colour, or if there is excessive bleeding from the wound, please call 999 for an ambulance. You will be taken to your nearest accident and emergency unit for assessment.

Medicines

You can usually re-start your anticoagulant medication on the same day as the procedure but your doctor will advise you on this. Any medications you need to start after the procedure will be given to you prior to discharge.

What about day to day activities and work?

- Please avoid strenuous exercise, heavy lifting, vigorous walking or house work for three days. This is to prevent bleeding at the top of your leg.
- For certain procedures the DVLA state you should not drive for four weeks, ask your doctor or nurse if this applies to you.
- Showering/bathing - avoid long baths for the first few days and please avoid vigorous washing or drying of the wound.
- You should not need more than one week off work depending on your job. Sick notes can be provided if necessary.

General information

A letter will be sent to you and to your GP outlining your procedure and the outcome. You will be seen in clinic around six/eight weeks after your procedure depending on the procedure performed.

Useful Contact Details

Dr Bentham, Dr Velasco-Sanchez and Dr Kang's

Secretary: 0113 392 8184

Ward L14:

0113 392 7414

Adult Congenital Heart Disease Nurse Specialists:

0113 392 8154

email: leedsth-tr.achdnurse@nhs.net

Congenital Cardiac Intervention Nurse Specialists:

email: leedsth-tr.ccins@nhs.net

See our website:

www.leedsth.nhs.uk/services/congenital-heart-unit/



What did you think of your care?

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