

Patient Information Cardiac Catheterization

General Information

Prior to your child's discharge you will have the opportunity to meet with Dr. Donnelly or Dr. Epstein and discuss the outcome of the cardiac catheterization. You should feel you understand this information. If you have further questions, please ask a member of your care team.

Activity

On the afternoon after the catheterization, your child will remain in bed but may be held with his/her legs fairly straight for up to six hours. Older children will have to use a bedpan or urinal and will be prepared for this.

After the designated bed rest time has elapsed, your child may get up to go to the bathroom unless otherwise instructed by the doctor. Your child will be encouraged to get out of bed in the late afternoon or early evening before being discharged.

Bring an item from home that your child may enjoy playing with, a music player, a special blanket, crib mobile, etc.

The first one to two days after the catheterization, your child should play quietly, such as quiet games, watching TV, coloring, puzzles, etc.

On the third day, if the catheterization sites are healing well, your child may resume his/her normal activity such as running, bike riding, and school activities unless instructed otherwise.

Diet

If there is any special food/diet for your child, please let us know. Once your child has woken up completely, your child may begin drinking small amounts of clear liquids such as water or juice. After your child has taken and kept down (not vomited) these liquids, he/she may progress to bland foods. Avoid giving your child greasy or spicy foods until the following morning.

If your child drinks too much liquid too quickly, he/she will be more likely to vomit. Encourage your child to drink small amounts slowly at first.

Care of Cardiac Catheterization Site

When your child comes back from the catheterization, he/she will have a large bandage (pressure dressing) on the right and sometimes left groin area. This is to make sure there is no bleeding. The nurses will check the dressing while your child is in the hospital.

- **Dr. Donnelly's patients**

Several hours after the catheterization, the pressure dressing will be removed by the doctor or nurse practitioner and a band-aid may be applied. The band-aid may be removed when you return home.

- **Dr. Epstein's patients**

The pressure dressing will stay on overnight and can be replaced with a band-aid the following morning.

Some children may have "stitches" at the catheterization site. These will be removed prior to your child being discharged home.

Some bruising is normal. Avoid tub baths or swimming for three days. Showers are fine.

Call Pediatric Cardiology Associates at 207-883-5532, if your child has a fever, you notice any bleeding, swelling, redness, or drainage at the catheterization site.

If bleeding occurs, apply local pressure with a gauze pad until it stops, for about 10 minutes. In the unlikely event that the bleeding continues after 10 minutes of pressure, call 911.

If you have any questions at all please feel free to call us. It is always better to call and ask, then wait. If the office is closed and you feel your questions are urgent, the answering service can page the person on call.

Discharge Medications

Return Appointments