

Pediatric Cardiology Discharge Instructions for Cardiac Catheterization

General Information

Prior to your child's discharge you will have the opportunity to meet with the cardiologist and discuss the outcome of the cardiac catheterization. Your child's cardiologist will tell you whether or not your child will need surgery or what their future care plans will be. Your child's cardiologist may wish to discuss your child's catheterization with his/her colleagues. In this case, we will call you to make future plans. 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. Older children will have to use a bedpan or urinal and will be prepared for this. In the evening after dinner, your child may get up to go to the bathroom unless otherwise instructed by the doctor. Even if it is necessary for your child to stay in bed overnight, he/she will be encouraged to get out of bed the next morning before being discharged. Bring an item from home that your child may enjoy playing with, like a small radio with headphones, or a special blanket, crib mobile, etc.

The first day after the cath, your child should play quietly, such as quiet games, watching TV, coloring, puzzles, etc. On the second day, 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. The afternoon after the cardiac catheterization, your child should 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 regular foods. By evening he/she should be able to eat a regular dinner meal.

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.

After waking completely, he/she can begin eating a normal diet for his/her age.

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.

The morning after the catheterization, the pressure dressing will be removed by the doctor or nurse. If your child has gone home, you can remove it yourself: **wash your hands first**. Remove the gauze part from over the insertion site last, as this may stick a little as it comes off.

Observe the cath site for any bleeding, swelling, pus or signs of infection. Some bruising is normal. Clean the cath site with Betadine® in morning and evening for the next three days and cover with a new band aid each time. Avoid tub baths or swimming for these three days. Showers are fine.

If bleeding occurs, apply local pressure with a gauze pad until it stops, for about 10 minutes. If it is still bleeding after that, call your nurse practitioner or physician.

Some children may have “stitches” at the cath site. These need to be removed 4 to 7 days after the catheterization. You will be given an appointment if this is necessary for your child.

Call: _____, if your child has a fever, or you notice any bleeding, swelling, redness, or drainage at the cath site. 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 doctor on call.

Return Appointments

You will be given a return appointment to the Pediatric Cardiology Clinic depending upon the doctor’s orders for your child. We want you to feel comfortable when you take your child home. Please do not hesitate to ask any questions you may have.

Discharge Medications

Please refer to printed computer discharge instructions.

Return Appointments

Please refer to printed computer discharge instructions.