



ALI R. MOOSVI, M.D., FACP, FACC  
TODD S. COHEN, D.O., FACC  
MICHAEL G. DeVITA, D.O., FACC  
ROY B. SAUBERMAN, M.D., FACC  
COLLEEN E. DePAUL, RN, MSN, APN-C  
CHRISTINA M. CELMER, PA-C

PHONE: 732.840.1900  
FAX: 732.840.0355

[www.shorecardiology.com](http://www.shorecardiology.com)

## **Cardiac Catheterization Discharge Instructions**

You are required to have an adult with you for the next 24 hours. You may not drink any alcohol, drive a car, or operate any heavy machinery for the next 24 hours.

**Call if you have any of the following:** Difficulty breathing or swallowing, chest pain or return of heart symptoms; prolonged vomiting lasting greater than 12 hours and not allowing you to resume your medications and / or regular diet; severe headache unrelieved by Tylenol; redness or swelling at the IV site; or any questions or concerns.

**Additional Instructions:** If you note any signs of bleeding (soaking through the bandage, bulging under the skin, or localized increasing pain), apply direct pressure to the area, call your doctor AND go to the emergency room for evaluation. Anyone who undergoes a procedure and receives a drug eluting stent MUST stay on Plavix or Effient for a minimum of one year, aspirin daily for a lifetime. Do NOT stop these medications for any reason unless cleared with our office directly.

**Activity:** After leaving the hospital, you should rest as much as possible for 24 hours, standing and walking only as necessary (such as going to the bathroom). Avoid heavy lifting and exercise for 7 – 10 days, and minimize stair climbing.

**Medications:** Take as directed by your physician.

**Diet:** Resume your previous diet, except where specified otherwise by your doctor. Drink extra fluids for the next 12 hours (up to 2-3 quarts of water or juice). Please do not drink alcoholic beverages for 24 hours after your procedure.

**Wound Care / Hygiene:** You may shower as soon as you wish. Do not rub the catheterization site in the groin or arm, gently wash and pat dry.

**Sexual Activity:** Refrain from sexual intercourse for the next 24 hours.

**Follow Up in the office:** With Nurse Practitioner or call (732) 840-1900 for an appointment to be seen in 2 weeks.

BRICK  
1640 HIGHWAY 88, SUITE 201  
BRICK, NJ 08724

JACKSON  
27 S. COOKS BRIDGE RD., SUITE 210  
JACKSON, NJ 08527

METUCHEN  
579 MAIN STREET  
METUCHEN, NJ 08840

OCEAN  
3200 SUNSET AVE., SUITE 100  
OCEAN, NJ 07712