



Care At Home After Your Procedure: Groin Access

Care for the Insertion Site:

- Keep dressing on until the morning after the procedure.
- The morning after, you may take off the dressing, shower, and apply a band-aid over the area.
- Keep site clean and dry. When washing, use soap and water to cleanse. Do not rub area to dry- pat gently with cloth.
- **DO NOT** take a bath or submerge in water for one week after the procedure.
- **DO NOT** strain during a bowel movement for 5 days after the procedure.
- **DO NOT** lift, push, or pull anything over 10 pounds for the first 5 days after the procedure.
- **DO NOT** do any strenuous activity (i.e., Running, tennis, jogging, golfing, bowling, etc.) for 5 days after the procedure.

If Your Site Bleeds at Home:

- **DO NOT** panic!
- Wash your hands and place 2 fingers over the puncture site. Hold pressure to stop from bleeding.
- After 5 minutes, remove your fingers to see if bleeding has stopped.
- After bleeding has stopped, gently wipe clean and cover with a clean dressing.
- **If your bleeding does not stop after 10 minutes, or if blood continues to spurt, call 911 or have someone drive you to the emergency room.**

Fluid Intake:

- Because you received contrast dye, it is important to drink 8 to 10 glasses of water a day for at least 2 days after your procedure.

**Medications:**

- If you take metformin/glucofage, please continue to hold for 48 hours after the procedure.
- Follow up with your provider about restarting any medications you were asked to hold prior to the procedure.
- Please see the following for changes to your medication regimen:

Post Intervention Expectations:

- It is normal to experience redness, swelling, bruising, and/or a small lump at the puncture site.
- To minimize discomfort, you may utilize elevation, cold compresses, and pain management (Tylenol and ibuprofen).
- Use ice or cold compresses at the site for 10-20 minutes at a time to alleviate soreness and swelling.
- If you experience any additional or worsening symptoms, please call our office **immediately**.

Office Number: (919) 897 – 5999

Patient Signature:

Staff Signature:
