Going home after a catheter procedure to examine or treat your child's heart condition

East Midlands Congenital Heart Centre

Information for Patients

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Introduction

This leaflet is for children who have had a cardiac catheter procedure. It has advice about what you and your child can expect after discharge and important advice to follow at home. Please always carry this leaflet with you until your follow-up appointment in clinic.

Call 999 or go to your local Emergency Department for review if:

- Your child become very short of breath, has serious chest pain, becomes dizzy or faints whilst at home.
- Your child becomes blue, pale, has trouble breathing or becomes unresponsive.

Aftercare in the first 24 hours

- A responsible adult must stay with your child for the first 24 hours after discharge.
- To help reduce the risk of bleeding and problems in the groin area, do not do too much activity or exercise in the first 24 hours after the procedure.
- Your child can have a bath the day after the procedure.
- Your child does not have to stay in bed, and it is better to gently move around. This will help stop blood clots from forming in your veins.

Aftercare

The procedure was done by passing a tube into the vessels in the groin or neck until it reaches the heart.

After some procedures (such as stenting of pulmonary arteries or aorta) your child may have some mild chest pain. This will settle with simple painkillers such as paracetamol.

If your child has other mild symptoms such as feeling of heart beating (palpitations) or discomfort in their groin, or if you have any questions, please contact the ward/ cardiac specialist nurse for advice.

Wound care:

- You can take the plaster covering the hole where the tube was (puncture sites) off the following day. It does not need to be replaced.
- Do not do any heavy lifting or high levels of exercise for 1 week to reduce the risk of bleeding.
- It is usual to have some discomfort at the puncture sites mainly due to bruising. If the wound does become red, swollen or more painful please contact the ward/ cardiac specialist nurse for advice.

Bleeding:

The puncture sites can bleed but this is rare after 24 hours. If it does bleed:

- Lie your child flat and do not panic.
- Put a clean tissue over the site and apply firm pressure for 10 minutes.
- If the bleeding does not stop call 999.

Medications:

Your child will usually return to taking their normal medications. After some procedures we sometimes start aspirin and/or clopidogrel for 3 to 6 months. This is

- To help tissue to grow over implanted devices and
- Reduce the chances of blood clots forming.

If there are any changes to your medications, the medical team will tell you before you are discharged.

Returning to everyday activities

Do not do too much activity for at least 1 week after the procedure. Your doctor or specialist nurse will tell you before discharge, if this needs to be longer. After 1 week your child can start their usual activities if they feel okay.

Returning to school:

Your child may need up to 1 week off school to get better at home.

Travel:

It is advisable not to fly within the first 4 weeks of the procedure. You should wait until you have been seen in clinic for follow-up and when your consultant tells you it is safe for you to travel.

Information for health care providers

This patient has had a recent cardiac catheter procedure. Most patients recover without any problems. A small number may have complications, but most complications are found before patients are discharged.

Any patient who is treated by a health care provider or the Emergency Department after being discharged from a recent cardiac catheter procedure, should be discussed with the on call Paediatric Cardiology / East Midlands Congenital Heart Centre Consultant (0300 303 1573).

Contact details

Paediatric Cardiology:

Ward 1/ Paediatric Cardiac Ward - 0116 258 3961

Paediatric Cardiac Specialist Nurse - 0116 258 3338

East Midlands Congenital Heart Centre: 0116 258 3997/ 3847 (For outpatient appointment queries) 8:00am to 4:00pm

East Midlands
Congenital Heart Centre

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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