



Venogram Venous Puncture Discharge Instructions

What are my care Instructions?

During your procedure you received local anesthesia at your procedure site. As the local anesthesia wears off, you may feel some pain and discomfort from at the procedure site. Your groin may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may resume showering today.
- Do not swim or take a tub bath for 2 days after your procedure.
- Avoid strenuous physical activity today.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- You can remove the band aid from your procedure area the day after your procedure.
- If swelling or bleeding develops at the puncture site, lie down and hold pressure to the site. Call 911 for assistance if simple pressure fails to stop the bleeding.
- You will get test results from the doctor who ordered your procedure 3-5 business days after your procedure.
- You will receive follow up care from your doctor who ordered your procedure.

When should I call for help?

- Call 911 anytime if you have any of the following signs and symptoms:
 - Shortness of breath
 - Chest pains
 - Loss of consciousness - (if you passed out or fainted)
 - Uncontrolled bleeding from procedure site
 - Call 911 anytime you think you need emergency care.
- Call Interventional Radiology at (734) 936-4536 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
 - Fever (greater than 100.6°F)
 - Bleeding, swelling or increased pain at procedure site
 - Redness, swelling, red streaking or pain at IV site or procedure site ▪
Extremity with procedure site turns cool, cold or blue

Afterhours and on Holidays please call (734) 936-6267 and ask to speak with the Interventional Radiologist on call.

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