



Going Home after your Cardiac Biopsy

You have had a Cardiac Biopsy procedure through your jugular or femoral vein. Your doctor has taken a sample of heart tissue (biopsy). A catheter was placed into your Jugular (neck) or Femoral (groin) Vein and a caliper was used to obtain a few small samples of tissue from your heart muscle. You may have felt palpitations or odd feelings but no sharp pains in your chest during the procedure.

This handout will help you learn how to care for yourself at home. Please read this information before you go home.

CARE OF THE PUNCTURE SITE

- Your puncture site will be covered with a bandage. It can be removed 24 hours after the procedure.
- Check the puncture site every day for signs of infection (e.g. increased redness, swelling, tenderness, drainage, fever).
- You may have a small lump at the puncture site. This is normal. This will go away over the next one or two weeks. If the lump does not go away please contact your family doctor.
- You may have bruising near the puncture site. This will go away over the next one or two weeks
- If your puncture site is uncomfortable, you may take acetaminophen (Tylenol) as per directions on medication label.
- If your Jugular site starts to bleed, hold pressure for 20 minutes. If bleeding does not stop, continue holding pressure and call 911.
- If your Femoral site starts to bleed, lay down flat and have someone else hold pressure for 20 minutes. If bleeding continues, stay flat, hold pressure and call 911.

BATHING

- You may shower after 24 hours. Remove the bandage before showering. You can put on another bandage after your shower, if you wish.
- Gently clean the site daily with soap and water. Dry the area and do not rub site. Do not apply powders or lotions.
- For Femoral Puncture: **Do Not** have a bath, go in a hot tub or swimming pool for 5 days or until the puncture site has completely healed.

If you were given sedation during your procedure: **YOU ARE CONSIDERED IMPAIRED FOR 24 HOURS** so **DO NOT:**

- Make important decisions or sign documents
- Work with machinery
- Travel alone by public transport e.g. bus, taxi
- Go to work or do business
- Drink alcohol, take anti-anxiety pills or sleeping pills
- Be responsible for the care of another person e.g. baby, child, person in poor health

ACTIVITY

- **Driving:** If your procedure was Jugular with NO sedation there are NO restrictions. If your procedure was Jugular and you received sedation, NO driving for 24 hours. If your procedure was Femoral, NO driving for 24 hours.
- You can resume your usual activity 24 hours after your procedure
- No heavy lifting or straining for one week
- Ask your Doctor when you can return to work

For Femoral Puncture:

- **Avoid stairs for 24 hours.** If you must climb stairs, climb them slowly.
- You may resume sexual activity after 24 hours.
- For 2 days, **avoid kneeling, crouching, or sitting for more than 1 hour.** For every hour you sit, walk or stretch your legs for 10 minutes.
- Avoid exercise except walking for 2 days. You can go for easy walks unless your doctor has told you not to.
- Avoid strenuous activity for 1 week e.g. jogging, cycling, swimming, or lifting anything over 10 pounds (4.5 kilograms).

Call your Doctor if you have the following symptoms

Shortness of breath

Sudden onset of chest pain

Profound weakness

Swelling of the neck or Difficulty swallowing if procedure was done in your neck

Fever or chills