

Patient Education Immediately Post Catheterization

- Patient must keep Right Left leg straight and flat for ____hours. (May bend unaffected leg for comfort.)
- Patient cannot raise head off pillow.
- Will require use of bedpan or urinal with nursing assistance. Encourage emptying of bladder to decrease pressure to area.
- Keep bed flat x ____ hours, then may elevate head of bed 30 degrees x ____hours.
- Hold light pressure over dressing when laughing, coughing or sneezing.
- If warm, oozing sensation or pain is felt in groin area, notify nurse immediately.

At Home Patient Education

- No alcohol, driving, operating heavy equipment or making important decisions for 24 hours.
- No lifting anything over 10 pounds for 3 days.
- Remove dressing in the morning. Wash over the area, pat dry and apply band-aid.
- No tub baths, Jacuzzi's, swimming pools or whirlpools. Only showers for 1 week.
- Bruising and dull pain are normal.
- Notify you Physician if any of these occur:
 - Bloody drainage requiring more than a bandaid.
 - Redness, warmth or increased pain at puncture site.
 - Numbness of leg.
 - Swelling in the groin.
 - Fever.
- Drink more liquids for 2 days unless otherwise stated by MD.
- Hold Metformin compounds x 48 hours post procedure, then resume.

PT/SO Signature _____ Witness _____ Date _____

Signature verifies copy of instructions given to patient. Signed copy posted to chart.