

Discharge Information: After an Electrophysiology (EP) Study

What to expect when you are discharged from hospital/service

Activity restriction

- Rest quietly on the day of discharge.
- No sports, strenuous activity for 3-5 days (lift nothing heavier than 2kg, i.e. 2L of milk).
- Check your puncture site/wound regularly.
- If you have had sedation avoid signing any legal documents for 24 hours.
- No driving for a minimum of 48 hours following your procedure.

Post procedure groin care

- Do not shower the day of your procedure. You may shower the following morning.
- Remove the dressing the next day and leave the site clean, dry and open.
- You may have some bruising/discomfort at the puncture site for a few days after the procedure. Take some simple pain relief as directed (i.e. Paracetamol).
- If bleeding or a haematoma (a swollen painful lump under the skin) occurs at the groin puncture site, you or someone with you should apply firm pressure to the area for 10 minutes. Once the bleeding or swelling stops, remain flat for a further hour, then gently mobilise again.

If you are unable to stop the bleeding or the haematoma is expanding, continue applying pressure and call 000 immediately.

- You **MUST** seek medical attention immediately if you have any decrease in sensation, change in colour or pins and needles in the limb where the procedure was performed.
- Please contact your GP or local hospital if any signs of infection are found. Signs of infection might include redness, heat around the area, ooze and temperatures.

Do:	Don't:
Check the wound site regularly for the first 3 days	Shower the day of your procedure
Rest for 3-5 days - no strenuous activity	Do not lift anything heavier than 2kg for 1 week
Look for signs of infection	Do not drive for 48 hours

Who do you contact if you need advice or help?

EP & Pacing Coordinator (07) 3139 5243 Monday to Friday 8am - 4.30pm

People who use this service have given feedback on this information.