

Answers to frequently asked questions after a cardiac catheter examination / treatment

Dear Patient,

- A shower can be taken immediately after the procedure and a bath usually after 3 days
- If there are no complications, you can resume your usual activities incl. walking, hobbies, sports, driving, any sexual activity and travel the day after the examination or getting discharged from the hospital.
- We recommend you to avoid too much physical exertion such as lifting of heavy objects, prolonged cycling, or sauna for about 2 days.
- It is important that you take your prescribed **medications regularly** according to the instructions of your physician.
Get new medicines in good time from the pharmacy store (prescription can be obtained from the ward physician).
- **An important** factor for long-term success of cardiac catheterization is the control and **reduction of the risk factors** for coronary artery disease. These include the following in particular:
 - Smoking
 - Increased blood fat
 - Diabetes mellitus
 - Increased blood pressure
 - Obesity
 - Stress and psychological stresses
 - Lack of exercise

We recommend your participation in **KARAMBA** (Outpatient Cardiac Rehabilitation Program), which primarily consists of two modules: Education about your disease and a training program for physical endurance activities (walking, cycling).

- Modest consumption of tea, coffee and even alcohol usually do not have a negative impact on your heart condition

- Quite often, a small bruise may be seen around the puncture site. As long as it is soft and painless, there is no reason for concern. The regression takes approximately 2-3 weeks.
- For most heart diseases, regular outpatient follow-up visits are recommended. This can be done either here by your attending cardiologist at Basel University Hospital or your external cardiologist.
- For further questions, please contact your attending physicians

Rare complications:

- In the case that there is severe pain at the puncture site or it significantly swells or blood trickles out of it, please contact your family doctor or the cardiologist on duty at Basel University Hospital, Tel. 061 265 25 25.