

## Discharge Instructions - Port-A-Cath Insertion

You have received the following Anaesthetic that is checked ( )

- Local Anesthetic** - An injection of anesthesia (freezing) to numb a small area at the site of your biopsy/procedure. It is common to feel mild or temporary numbness or tingling around the site.
- IV Sedation** - Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure.  
**With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.**

### Diet

There are no diet restrictions. Avoid alcohol for 24 hours. Drink plenty of fluids for the next 24 hours.

### Activity

Get plenty of rest for 24 hours after the procedure, and then return to your usual activities (school, work and home) as you feel able. Avoid strenuous overhead lifting or straining.

### Dressing

Replace the bandage as needed if it becomes soiled or wet. After 72 hours, you may remove the outside bandage. You may have paper tapes over your incision, leave these on until they fall off on their own. The stitches are usually dissolvable, you will be instructed if there are stitches to remove. Do not wear a tight bra or suspenders. You may bathe or shower on the next day after your procedure ensuring the bandages are covered and remain dry. **Do NOT swim or use a hot tub or immerse the incision in water until it is fully healed.**

### Medication

Avoid taking medication containing aspirin or blood thinners for 24 hours after your procedure unless otherwise directed. Take pain medication, as prescribed, or you may take Acetaminophen (Tylenol®) (if no allergy) 1 – 2 tablets every 4 – 6 hours as needed for pain, up to a maximum of 4,000 mg in 24 hours. You may take your next pain medication at: \_\_\_\_\_.

### Other

**The Port-A-Cath must be flushed within 7 days of insertion, and then every 4 weeks when it's not in use.**

### Follow Up

Please call the Medical Day Unit (905) 472-7068 for your follow-up appointment. If applicable, Home and Community services will contact you at home. Return to see your Oncologist or Doctor as directed.

## CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Increasing pain, redness, swelling, discharge or bleeding around your incision, or swelling to the neck or face on the side of insertion
3. Chest pain, shortness of breath, difficulty breathing, or heart rate over 100 bpm
4. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
5. Persistent nausea or vomiting



Diagnostic Imaging Day Unit (905) 472-7373 ext.1521 (Mon-Fri 8:00am-3:00pm)