

## **HEMORRHOIDAL ARTERY EMBOLIZATION POST PROCEDURE DISCHARGE INSTRUCTIONS**

- A diet high in fiber as well as staying hydrated can help prevent constipation and reduce strain in the area, promoting healing.
- Drink at least two quarts of fluids each day for the next few days (water, juices, tea, Gatorade).

### **If you received sedation:**

- **DO NOT** drive, operate equipment, or appliances today. A responsible adult must be available to drive you home.
- **DO NOT** make any legal decisions today.
- **DO NOT** consume alcohol, tranquilizers, sleeping medication, or any non-prescription medication for 24 hours.
- **NO** lifting more than 10 pounds (a gallon of milk), heavy cleaning, or heavy chores for the next 72 hours.
- **NO** sports or workouts for one week.
- You may shower in 24 hours. When you do shower, shower with the band-aid on and change it after.
- Change the dressing (band aid) as necessary.
- There can be some mild pain and tenderness in the treated area for the first week. This is usually manageable with over-the-counter pain medication.
- Call **1-908-874-9236** with questions/concerns such as increased abdominal or low back pain, swelling at procedure site, fever, difficulty urinating, or blood on your dressing.

### **Seek immediate medical attention (Emergency Center or 911) if:**

- Bleeding: Concerning bleeding consists of bright red blood at the procedure site that does not stop. Hold firm pressure at the procedural site to control the bleeding until you are seen.
- Loss of pulse or cold limb: Sudden change in temperature, feeling, or color of the limb used for a procedure could be a sign of lack of blood flow.
- If you develop chest pain, shortness of breath, feel faint (like you will pass out), or a rapid heart rate.
- You may resume the following medications: Coumadin, aspirin, or any other blood thinners 24 hours after your procedure, unless otherwise directed by your physician. All other medications may be continued as previously directed.

### **Follow-Up**

- Please schedule a follow-up clinic visit with your physician.

*These instructions are intended as a guide, and all instructions specific to your case will be reviewed with you by your care team.*