

**MCRG Interventional Radiology
Patient Discharge Education
Deep Venous Thrombosis Lysis
(Catheter Directed Thrombolysis)**

What is Deep Venous Thrombosis Lysis (Catheter-directed Thrombolysis)?

Deep Venous Thrombosis lysis (catheter-directed thrombolysis) is a minimally invasive treatment that dissolves abnormal blood clots in blood vessels to help improve blood flow and prevent damage to tissues and organs.

When blood does not flow smoothly through a vessel, it can begin to coagulate (clot), turning from a free-flowing liquid to a semi-solid gel, or blood clots. A blood clot, or thrombus, that forms within a blood vessel may continue to grow, blocking off the blood supply or return to certain parts of the body and causing damage to tissues and organs. In some patients, blood clots come from one site, dislodge, travel downstream, and lodge in relatively small vessels causing a blockage, or embolization at another site. Untreated, a vascular blockage due to thrombosis or embolization, can result in the loss of an organ or extremity, with potentially life-threatening consequences.

During a Deep Venous Thrombosis lysis (catheter-directed thrombolysis) procedure, fluoroscopy (real-time x-ray imaging) is used to help guide a special medication and/or medical device to the site of blood clots to dissolve the blockage.

INSTRUCTIONS FOR GOING HOME AFTER YOUR PROCEDURE

Care for the Procedure Access Site:

- The morning after your procedure, you may take the dressing off. The easiest way to do this is when you are showering, get the tape and dressing wet and remove it.
- After the bandage is removed, cover the area with a small adhesive bandage. It is normal for the catheter insertion site to be black and blue (bruised) for a few days. The site may also be slightly swollen and pink, and there may be a small lump (about the size of a quarter) at the site.
- You may feel a knot at the catheter insertion site. This will resolve in one to two weeks following the procedure.
- Wash the procedure access site at least once daily with soap and water. Place soapy water on your hand or washcloth and gently wash the insertion site; do not rub.
- Keep the area clean and dry when you are not showering.
- Do not use creams, lotions or ointment on the wound site.
- Wear loose clothes.
- Do not take a bath, tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure.
- You will be given compression stockings after the procedure to help with decreasing the swelling. You should wear these stockings at all times until your first follow-up appointment,

except for showering. You will receive further instructions on wearing the compression stockings at your first follow-up visit.

Activity Guidelines:

Generally, you will need to take it easy for the first two days after you get home. You can expect to feel tired and/or weak the day after the procedure. Take walks around your house and plan to rest during the day.

- Do not strain during bowel movements for the first 3 to 4 days after the procedure to prevent bleeding from the catheter insertion site or migration of the filter, if one has been placed.
- Avoid heavy lifting (more than 10 pounds) and pushing or pulling heavy objects for the first 5 to 7 days after the procedure.
- Do not participate in strenuous activities for 5 days after the procedure. This includes most sports - jogging, golfing, play tennis, and bowling.
- You may climb stairs if needed, but walk up and down the stairs more slowly than usual.
- Gradually increase your activities until you reach your normal activity level as instructed at your first follow-up appointment.

Medications:

- Please review your medications with your nurse before you go home.
- If you have diabetes, your doctor may adjust your diabetes medications for two days after your procedure. Please be sure to ask for specific directions about taking your diabetes medication after the procedure.
- Depending on the results of your procedure, your doctor may prescribe new medication. Please make sure you understand what medications you should be taking and how often to take them.

Fluid Guidelines:

Be sure to drink eight to ten glasses of clear fluids (water is preferred) to flush the contrast material from your system.

Return to Work:

Most people are able to return to work within 1 to 2 weeks after an interventional procedure. Your primary doctor will provide specific guidelines about returning to work.

Resume Sexual Activity:

No sexual activity for two weeks after the procedure. At your two week follow-up visit ask your doctor when you may gradually increase your activities until you reach your normal activity.

Resume driving:

Most people are able to resume driving after the two week follow-up visit.

Follow Up:

You will have a follow-up appointment 2 weeks after the procedure. Please call for an appointment if one has not already been scheduled for you.

When to Get Medical and Emergency Help:

Call our non-emergent line at (407) 649-6823:

- A temperature of 101 °F or higher;
- Pain around your access site that doesn't go away after taking medication;
- Drainage around the incision site;
- Redness and swelling around your insertion site;
- You have any other symptoms you are concerned about.

Go to your nearest Emergency Department:

- Your access site starts bleeding and will not stop after 10 minutes of firm pressure.
- You have shaking chills or a temperature over 101°F.
- You develop shortness of breath and/or heart racing after the procedure.

Interventional Radiology Contact Information

Office Hours 8:00 am - 5:00 pm

Non-emergent questions:

Phone: (407) 649-6823 Fax: (407) 246-0374

Email: IRSupport@MCRG.com – *non urgent concerns only*

IR Clinic Scheduling:

Phone: (321) 841-8104 Fax: (407) 649-7873

Email: IRSupport@MCRG.com – *non urgent appointment requests only*

For all Urgent issues:

On nights and weekends for immediate concerns you may

Page the Interventional Radiologist at:

(321) 841-8122

Or call your Doctor.