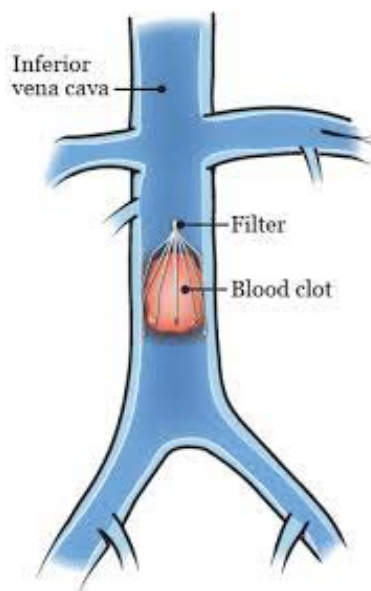


MCRG Interventional Radiology Patient Discharge Education Inferior Vena Cava Filter Placement

The inferior vena cava (IVC) is the largest vein in your body. It carries blood from your lower body back to your heart and lungs. A blood clot in a vein below your heart blocks your normal blood flow and may cause swelling, redness, and pain in the area. Blood clots are treated with blood thinners but some people may not be able to receive this treatment. In those cases, an IVC filter may be placed.

An IVC filter is a small device that is placed in your inferior vena cava to prevent blood clots from moving through your blood into your lungs.



Your IVC filter was placed by an interventional radiologist. They placed the filter in your inferior vena cava by going through a vein in your **neck** or **groin**. Your doctor positioned the filter in the vein using fluoroscopy (real-time x-rays).

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 couple of 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 if a closure device was used at the end of the procedure. This will resolve in one to two weeks following the procedure.

IVC Filter 1

- 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 and loose underwear.
- Do not take a bath, tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure.

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.
- 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 within one week after the procedure.

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 one week after the procedure. Then you may gradually increase your activities until you reach your normal activity.

Resume driving:

Most people are able to resume driving within 24 hours after going home.

Follow Up:

You will have a follow-up appointment 8 weeks after placement to see when your IVC filter can be removed.

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.

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.