



## CHEMOEMBOLIZATION DISCHARGE INSTRUCTIONS

1. Take **Tylenol 325 or 500 mg (one tablet) every 6 hours** as needed for mild to moderate pain.

**Do not take over 4 Tylenols a day.**

Remember no more than 2 grams of Tylenol a day.

2. If the **Tylenol does not adequately control your discomfort**, you may take the other prescribed pain medicine every 6 hours as needed. We do recommend that the first two nights at home after discharge from the hospital, you take the narcotic pain medicine at bedtime. We have found that when patients take the narcotic pain pills the first 2 night's home, they tend to sleep better and are less likely to be awoken by pain.
3. Since narcotic pain pills can cause severe constipation, we recommend that you take **Colace 100 mg** twice a day (or a similar stool softener) until you stop using the narcotic pain pill. Once you stop taking the narcotic pills and your bowel activity returns to normal, you can stop taking the Colace. It is also very helpful if you eat a lot of fruit and leafy green vegetables and drink lots of liquids to help keep you from becoming constipated.
4. If constipation occurs, use a laxative of choice, such as **Milk of Magnesia**. It is important. That your bowels are moving on a regular basis to decrease the likelihood of pain, and/or confusion.
5. You may have some nausea after discharge. This is normal. However nausea that lasts over 24 hours or does not get better after taking a medicine such as Zofran should be reported to the Angio team.

Because a little nausea is normal after the procedure, you will be given a prescription for a medicine such as Phenergan or Zofran. Take the Phenergan or Zofran only if nauseated and no more frequently than every 6 hours.

6. Do Not Drive for 48 hours after the procedure or **while taking the narcotic pain pills or the nausea medicine.**

Slowly increase your activities over the first week. Remember to allow yourself breaks between activities. Even if you feel good, do not overdo it the first week, otherwise you will regret it the next day. Although you do not have a big incision, your tumor is still breaking down. The tumor is releasing substances in your system that will make you feel tired for a week or two.

7. If you have any of the following problems, please call us:
- a. If you have a fever of 101 degrees or higher or any fever that is persistent for more than 5 days.
  - b. If you seem to be feeling worse for 2 consecutive days. Although you may have some peaks and valleys, in general, you should gradually feel better as each day passes. Most patients tire easily the first week or two after the procedure. However, by the third week after the embolization, most patients start to feel a lot better, with just a few, occasional episodes of discomfort.
  - c. If you are unable to keep your food down or you begin to vomit.
  - d. If your pain is becoming worse, not better.
  - e. If you think you might be having a reaction to a medication (for instance, a rash, nausea, upset stomach, etc).
  - f. If you notice jaundice.
  - g. If you develop redness, a discharge, pain, swelling or bleeding at your catheter site.
  - h. If you develop pain or coolness in either of your legs.
  - i. If you have any questions.
8. We will make sure your surgeon and local doctor have a copy of our report.
9. In one month we will have you return for a CT scan of your liver. Do not eat for 4 hours prior to the procedure. Once the CT is complete, please take some time to eat and then report to Angiography approximately one hour after the completion of the CT. This will give us some time to read the CT and discuss the findings with you.

We will contact you with the day and time of your CT. Whenever possible we will try to schedule the CT on the same day as other office visits to your surgeon or other doctor.

10. Our phone number is 434-924-9401.

Please ask for \_\_\_\_\_, or Dr. \_\_\_\_\_.

If one of us is not available, or if it is at night or on a weekend, please ask for the Angio/Interventional Radiology fellow on call.

If it is during the regular hours, but if \_\_\_\_\_ and

Dr. \_\_\_\_\_ are away, please ask for the Triage Fellow or Primary Attending.