

# Paracentesis

## Patient Information Sheet

A paracentesis is a procedure to remove excess fluid that has accumulated in your abdomen.

A therapeutic paracentesis may have been performed to relieve the pressure in your abdomen.

For diagnostic purposes, your doctor may want to collect a sample of the fluid for laboratory testing. If a sample has been sent for testing, pathology results may take seven to ten (7-10) days for complete analysis.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. These instructions will help you understand the recovery process.

### Instructions after Paracentesis

- Rest for the remainder of the day following your procedure.
- Do not lift anything weighing over 5 kilograms (10 pounds) for the next 48 hours.
- Have a responsible adult spend the night with you the night of the procedure.

### Diet

- You can eat what you normally eat; a protein rich diet will help replace the protein lost in the fluid that was removed.

### Medications

- If needed for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase bleeding.
- You may resume your routine medications, unless otherwise instructed by your doctor.

### Bathing

- You may shower or sponge bath the day following your procedure.
- **Do not** bathe or swim (especially in lakes) for one week as this may cause an infection at the puncture site.



## What to watch for

- Feeling unusually faint or light-headed
- Trouble breathing
- Fever of more than 100°F (38°C) or chills
- Redness, swelling, or leakage from the puncture site
- Increasing pain at the puncture site
- Excessive bleeding such as a bloody dressing

**If you experience any of the above changes, call your doctor, Telehealth Ontario (1-866-797-0000), or go to the closest Emergency Department. Take this sheet with you.**

Please call as soon as possible to make a follow up appointment with your referring doctor,  
Dr. \_\_\_\_\_, to discuss the results of this procedure.

