Paracentesis

Areas Examined & Treated	
Areas	• Abdomen • Peritoneal cavity • Ascitic fluid • Fluid around abdominal organs

The Procedure	
Paracentesis	
Diagnostic	• This is a procedure to remove fluid from the abdomen • The fluid buildup is called ascites • A needle or small catheter is placed through the abdominal wall • Fluid may be removed for testing • Ultrasound may be used to locate the safest fluid pocket
Therapeutic	• A larger amount of fluid may be removed for symptom relief • It may reduce abdominal swelling, tightness, pain, or shortness of breath • Albumin may be given if a large amount of fluid is removed

Phone: 832-632-4070 | Fax: 832-688-9496
Email: info@gastrodoxs.com | Website: www.gastrodoxs.com

GastroDoxs
defenders of the digestive system

Before Your Procedure	
Schedule Your Procedure	
Appointment	Schedule your Paracentesis appointment with GastroDoxs by phone @ 832-632-4070 or in the office
Location	• A procedure location will be suggested based on your insurance & geographic area • Please refer to the locations page on our website
Insurance	Our team will obtain the required insurance prior authorization, if needed
Financial	GastroDoxs provider fees will be collected upon scheduling your procedure
Orders	Our team will send your procedure orders to the hospital, radiology center, or surgery center

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Transportation	• Sedation is not usually used for paracentesis • If sedation is used, do not plan to drive after your procedure • You must have someone 18 years old or above to drive you home if sedation is used • No Uber | Lyft | Cab if sedation is used
Changes	To cancel or reschedule, call or text GastroDoxs @ 832-632-4070
Register with the Facility	
General	• The procedure time slot that GastroDoxs has given to you is an approximate time slot. The final time slot will be determined and communicated by the Endoscopy/Surgery Center. Please arrive at the time the center has instructed you to do so. • A representative from the hospital, radiology center, or surgery center will call you to discuss the registration process, time & location of your procedure
Clinical	• The pre-assessment team may discuss the following: • Medical History • Liver disease history • Ascites history • Medications • Blood thinner use • Recent lab results

Financial	• Hospital, radiology, anesthesia & lab fees are independent from GastroDoxs • The other fees not related to GastroDoxs are to be discussed • directly with the other providers or facility • If you have not heard from the financial representative 24 hours before your procedure, call them at that time

Clearance	

Cardiac
Hematology
Neurology
Pulmonary
	• You may need a clearance if you have high risk conditions requiring clearance
	• You may need a follow-up with your Doctor or Provider before they can issue a clearance
	• Our team will send your Doctor or Provider a clearance request from our office
	• Once our team has your clearance on file, we will call you to schedule your procedure
	• Blood work may be required before the procedure
	• You may need instructions if you are on blood thinners or these medications
	  ○ Apixaban | Eliquis
	  ○ Clopidogrel | Plavix
	  ○ Dabigatran | Pradaxa
	  ○ Rivaroxaban | Xarelto
	  ○ Warfarin | Coumadin & Jantoven

Medications	
2 Weeks Before	• No medication changes are usually needed unless instructed • If sedation is planned, GLP1 medication instructions may apply • Tell the team about all prescription and over-the-counter medications
1 Week Before	• Blood thinners may need special instructions • Do not stop blood thinners unless instructed by your provider • Continue other medications unless instructed otherwise
1 Day Before	• Oral Diabetes Medication > follow pre-assessment instructions • Insulin > take adjusted dose only if instructed • Diuretics or water pills > follow provider instructions
Procedure Day	• Blood Pressure Medication > as instructed by the pre-assessment team • Insulin > follow pre-assessment instructions • Diuretics | Water Pills > follow provider instructions • Others > hold only if instructed

Other	• Continue to take your medications unless specified below • Blood thinners may require clearance or special instructions • The pre-assessment team (PAT) will review your medications & may make other recommendations also
Diet Instructions	
2 Weeks Before	
Foods	No change unless instructed by your provider
Liquids	Drink water as instructed by your provider
1 Week Before	
Foods	• No special diet change unless instructed • Follow any low-sodium diet instructions given by your provider • Avoid alcohol
Liquids	• Follow fluid restriction instructions if you have been given one • Otherwise drink fluids as instructed by your provider

1 Day Before	
Foods	• Eat as instructed by the facility • If sedation is planned, stop food after 12am - midnight unless instructed otherwise
Liquids	• If sedation is planned, stop liquids after 12am - midnight unless instructed otherwise • No alcohol • Follow fluid restriction instructions if provided
Procedure Day	
Procedure Day	• If no sedation is planned, the facility may allow normal eating or light intake • If sedation is planned, no food or liquids unless instructed otherwise • Take medications only as instructed • Empty your bladder before the procedure
Paracentesis Preparation Instructions	
Preparation Instructions	• Follow facility arrival and fasting instructions • Bring insurance card and photo ID • Bring medication list • Complete required blood work if ordered • Tell the team about blood thinners • Empty your bladder before the procedure

Procedure Day	
Diet	Follow the facility instructions for food and liquids
Arrival	• Please arrive at the time given by the facility • You will check in at registration when you arrive
Pre-procedure	• The clinical team will review your medical history, medications, allergies, and lab results • Your blood pressure, heart rate, and oxygen level may be checked • Consent forms the procedure will need to be signed
Numbing	• Local anesthetic will be injected into the skin • You may feel a small pinch or burning sensation • The area should become numb before fluid is removed
Position	• You may lie on your back or slightly turned to one side • The abdomen will be positioned for safe access

Ultrasound	• Ultrasound may be used to locate the fluid • The safest entry site may be marked on the abdomen • The skin will be cleaned and sterile drapes may be placed
Post-procedure	• A needle or small catheter is inserted through the abdominal wall • Fluid will drain through tubing into a collection container • Pressure is applied and a bandage is placed after catheter removal • You may be observed for a short time after the procedure
Diagnostic	• A small amount of fluid may be sent for lab testing • Testing may check for infection, bleeding, cancer cells, liver-related fluid, or other causes
Therapeutic	• A larger amount of fluid may be removed for symptom relief • Fluid removal may reduce abdominal pressure and improve breathing or comfort • Albumin may be given if a large amount of fluid is removed

Lab	• Fluid samples may be reviewed by the laboratory • If cytology is ordered, cells may be reviewed under a microscope • Reports will be sent to our office
Follow-Up	• Our providers will review the report in detail • The findings will be reviewed with you in detail upon follow-up

After Your Procedure

Recovery	• You may be observed after the procedure • Your blood pressure and puncture site may be checked • You may have mild soreness at the puncture site • Avoid strenuous activity as instructed by the facility

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Transportation	• If sedation was not used, you may be able to drive unless instructed otherwise • If sedation was used, do not drive the remainder of the day • If sedation was used, you must have someone 18 years old or above to drive you home • No Uber | Lyft | Cab if sedation was used
Symptoms	Normal post procedure symptoms: • Mild soreness at the puncture site • Mild bruising • Mild abdominal discomfort • Small amount of clear drainage • Feeling tired after the procedure Abnormal post procedure symptoms: • Fever > 100 • Severe abdominal pain • Increasing redness, swelling, warmth, or pus at the site • Heavy bleeding from the site • Fluid leaking that does not stop • Dizziness or fainting • Shortness of breath • Any other severe or unusual symptoms • Please call 911 & go to the nearest emergency room

Appointment	Ensure that you have a follow-up 2-3 weeks after the procedure, or as instructed
Results	• Your results will be discussed in detail • Treatment recommendations will be given • Additional liver, imaging, or lab testing may be recommended
Questions	Call or text GastroDoxs @ 832-632-4070

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