

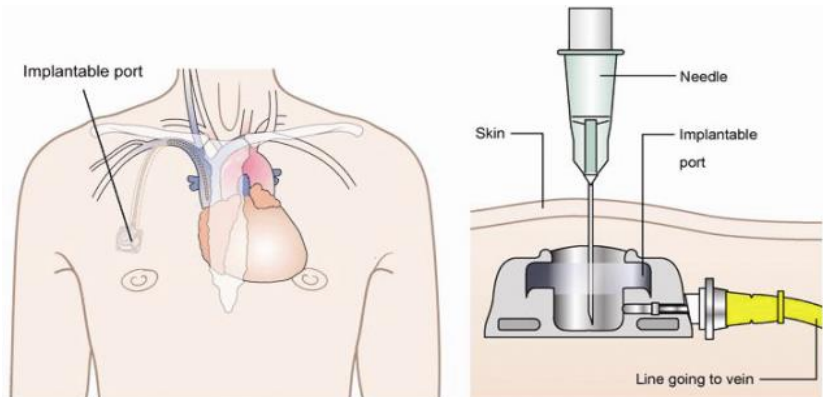
## Implantable Port

### What is a port?

A port is a device that is placed under the skin of your chest. A port is a plastic or metal disk that attaches to a catheter (a long, narrow, hollow tube made of soft plastic) that goes directly into a vein close to your heart. You are getting a port because it will help make your treatments more safe and comfortable.

### What is the port used for?

- Draw blood
- Give chemotherapy drugs and other medicines
- Blood transfusions
- IV fluids



### How do I prepare for the procedure?

- **Do not eat or drink anything 8 hours prior to your scheduled arrival time.**
- Remove all nail polish from your fingernails and toenails.
- Remove all jewelry.
- Some over the counter and prescription medicines can interfere with normal blood clotting and increase the risk of bleeding. Please review the attached **Medicine Checklist Before Your Procedure** document with your healthcare team to help determine when to stop taking certain medicines prior to your surgery. **Do not stop taking any medicines without talking to your healthcare team.**

### What should I expect on the day of the procedure?

- **You must have a responsible adult available to drive/escort you home from the hospital.** If you are alone, your procedure will have to be rescheduled.
- Arrive at Robert Wood Johnson University Hospital/RWJBarnabas Health at the main entrance located on Somerset Street. The valet service is available to park your car. Go to the main lobby and follow signs for the Admitting Department.
- Only one person may come with you to the pre/post procedural area.
- This is a same day procedure, so you will be discharged on the same day.

### What should I expect during the procedure?

You will be awake during the procedure. You will have local anesthetic to numb the area and will also receive moderate sedation to help lessen anxiety and pain. An incision (cut) will be made to insert the port under your skin in your chest. A second, smaller incision will be made in the neck to help guide the catheter into place.

### **What can I expect after the procedure?**

- The placement of the port will be confirmed by x-ray prior to discharge.
- You will receive discharge instructions. Be sure to review them before you leave.
- You may have numbness around the area where the port was placed for a few hours after the procedure.
- The area where the port is inserted may be tender and swollen for 1-2 weeks.

### **What should I do after the procedure?**

- A clear surgical adhesive will be placed over your incision sites. Do not scratch, rub or pick at the adhesive. It will naturally fall off your skin in about 2 weeks.
- Clean your wound with soap and warm water. Do not scrub the wound. Let warm water and soap run over it. Pat dry with a clean towel.
- Avoid bathing or swimming until after your adhesive falls off.
- Resume normal activities as tolerated in 24 hours.

### **How do I take care of my port?**

- Your port needs to be flushed every 6-8 weeks
- When not in use, schedule an appointment with your healthcare team to have your port flushed

### **When should I call my healthcare team?**

Please call immediately if you have:

- Prolonged, increased pain or bleeding
- Increased shortness of breath or difficulty breathing
- Temperature of 100.4°F (38°C) or higher
- Heart palpitations or chest pain
- Redness, swelling, odor or drainage at the incision site that is getting worse (some swelling is normal)
- Prolonged numbness, tingling, or decreased feeling in the affected area
- Wound edges open or separate
- Any pain that is not relieved by your pain medicine

<b>If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.</b>
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## Medicine Checklist Before Your Procedure

Your healthcare team will review your current list of medicines, vitamins and supplements and advise you when to stop taking them.

           days before procedure stop taking the following medicines:

- Aspirin or medicines containing aspirin such as: acetylsalicylic acid, Excedrin<sup>®</sup>, Percodan<sup>®</sup>, Alka-Seltzer<sup>®</sup>, Pepto-Bismol<sup>®</sup>
- Herbal supplements such as Vitamin E, Omega 3, Fish oil, green tea, ginkgo biloba
- Steroids such as dexamethasone, prednisone, prednisolone
- Anti-inflammatory medicines or medicines that have an anti-inflammatory ingredient in it such as:

celecoxib (Celebrex <sup>®</sup> )	ketoprofen (Orudis <sup>®</sup> )	naproxen sodium (Aleve <sup>®</sup> /Anaprox <sup>®</sup> )
diclofenac (Voltaren <sup>®</sup> )	ketorolac (Toradol <sup>®</sup> )	piroxicam (Feldene <sup>®</sup> )
hydrocodone bitartrate/acetaminophen (Vicodin <sup>®</sup> )	meloxicam (Mobic <sup>®</sup> )	sulindac (Clinoril <sup>®</sup> )
ibuprofen (Advil <sup>®</sup> , Midol <sup>®</sup> , Motrin <sup>®</sup> )	misoprostol (Arthrotec <sup>®</sup> )	
indomethacin (Indocin <sup>®</sup> )	naproxen (Naprosyn <sup>®</sup> )	

           days before procedure stop taking the following blood thinning medicines such as:

abxiciab (Reopro <sup>®</sup> )	dipyridamole (Persantine <sup>®</sup> )	prasugrel (Effient <sup>®</sup> )
aggrenox (Aspirin, Dipyridamol <sup>®</sup> )	drotrecogin alfa (Xigris <sup>®</sup> )	rivaroxaban (Xarelto <sup>®</sup> )
apixaban (Eliquis)	enoxaparin (Lovenox <sup>®</sup> )	ticagrelor (Brilinta <sup>®</sup> )
clopidogrel (Plavix <sup>®</sup> )	eptifbatide (Integrilin <sup>®</sup> )	ticlopine (Ticlid <sup>®</sup> )
dabigatran (Pradaxa <sup>®</sup> )	fondaparinux (Arixtra <sup>®</sup> )	tirofiban (Aggrastat <sup>®</sup> )
dalteparin (Fragmin <sup>®</sup> )	pletal (Cilostazol <sup>®</sup> )	warfarin (Coumadin <sup>®</sup> )

Additional/specific instructions: \_\_\_\_\_

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