

Paracentesis

What to expect during your Paracentesis

Paracentesis is a procedure that drains excess fluid called ascites from the abdomen. During a paracentesis, the physician will insert a needle or catheter into the abdomen to drain the ascites.

A paracentesis may be used for diagnostic and/or therapeutic purposes. When you have large amounts of fluid in the abdomen the fluid may cause symptoms of abdominal distension, weight gain, early satiety, and difficulty breathing and moving. Draining the fluid will relieve the pressure improving your symptoms.

Your procedure is scheduled at
Christus St Vincent Digestive Health Center
455 St Michael's Drive
Santa Fe, NM 87505

- Arrive 60 minutes prior to your scheduled procedure time.
- Have your driver available to take you home. They do **NOT** need to stay during your procedure.
- If you arrive more than 15 minutes late, your procedure may be rescheduled or delayed.
- Nursing staff will call you to review preparing instructions, medications, and confirm procedure details the week prior to your procedure appointment.
- If you have questions about preparing for your procedure, please call 505-913-5368.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure.

The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates
- Facility Fee: Christus St Vincent
- Pathology Fee: Santa Fe Pathology

If you have questions about your benefits and coverage, please contact your insurance carrier.

Sign Up for NNMGA Patient Portal

You can request appointments, check your results, send your physician a message and update your medical record. For access call 505-983-5631.

For more information about our providers and instructions go to www.nnmgastro.com

Paracentesis

Paracentesis Preparation Instructions

10 DAYS PRIOR TO PROCEDURE

Review the appointment documents received from Northern New Mexico Gastroenterology Associates office. Arrange for a driver to take you home after the procedure.

If you are on blood thinners, you may need to be off these drugs for up to 10 days prior to your procedure. Before altering or stopping any blood thinners, please consult with your prescribing physician for instructions in advance of the procedure.

Please see the **Supplemental Medication Information Sheet** below.

THE DAY OF YOUR PROCEDURE

After Midnight: Do **NOT** eat any solid food after midnight. You may drink clear liquids up to 3 hours before your procedure time. Clear liquids include black coffee (no added milk), tea (no added milk), clear broth, soft drinks, sports drinks, iced tea, and water.

3 hours before procedure: Do **NOT** drink anything within 3 hours of your procedure. No gum, hard candy, or throat lozenges as well. **Failure to follow these food and drink restrictions may cause your procedure to be rescheduled.**

Supplemental Medication Information

All medications not outlined below can be taken 3 hours prior to your procedure time. There is no restriction on acetaminophen (Tylenol, Paracetamol), daily aspirin, and other NSAIDS (ibuprofen, naproxen, etc.).

Blood Thinners: If you are on any blood thinners below, please contact your prescribing physician at least 10-14 days prior to your procedure to ensure that it is safe to stop them.

Blood Thinner Medication	Restrictions Prior to Procedure
Aspirin and NSIADS (Ibuprofen, Naproxen, Celecoxib, Indomethacin, Diclofenac, Meloxicam, etc.)	No Restrictions
Lovenox and Heparin (low molecular)	Last dose 24 hours prior to procedure
Warfarin (Coumadin)	Stop 5 days prior to procedure or INR <1.6
Clopidogrel (Plavix), Effient (Pragrusel), Ticagrelor (Brilinta), Ticlopidine (Ticlid)	Stop 5 days prior to procedure
Rivaroxaban (Xarelto), Apixaban (Eliquis), Edpxaban (Savaysa), Dabigatran (Pradaxa)	Stop 3 days prior to procedure
Fondapararinux (Arixtra)	Stop 36-48 hours prior to procedure
Cliostazol (Pletal)	Stop 2 days prior to procedure