

About Your Outpatient Paracentesis

What You Need to Know and Do

Paracentesis is a procedure that removes fluid from your abdomen. The fluid build up causes your abdomen to swell.

Fluid may have built up in this area because of infection, inflammation, injury, or conditions like cirrhosis and cancer.

Paracentesis may be done to remove fluid that causes pain or pressure in your abdomen.

What should I do before my procedure?

Tell your doctor about any medicines you are taking. It is important for your doctor to know if you are taking any blood-thinning medicines or have a bleeding disorder.

You may need to stop taking all or some medicine before the procedure. This includes:

- all prescription medicines
- blood-thinning medicines (anticoagulants)
- over-the-counter medicines such as aspirin or ibuprofen
- street drugs
- herbs, vitamins, and other supplements.

You may eat and drink before the procedure.

Tell your doctor if you are pregnant, may be pregnant, are breastfeeding, are allergic to any medicines, smoke, or drink alcohol regularly.

We will tell you what time to arrive for your procedure. The time will depend on whether you need any blood tests done before the procedure.

What happens during my procedure?

- Your doctor will use ultrasound as a guide for your procedure. Ultrasound uses sound waves to show images of inside your body.
- The ultrasound will show your doctor where the fluid is.
- Your doctor will clean the area and put a numbing medicine into the skin.
- Your doctor will guide a needle to remove fluid from your abdomen.
- If there is a large amount of fluid, a small tube may be put in your abdomen to remove the fluid.
- You may feel pressure.
- If a large amount of fluid is removed, you may need to have an IV tube. This tube would deliver albumin (substance containing protein) into your vein.

What happens after the procedure?

- You will have a bandaid placed over your incision site.
- Limit your activity for the rest of the day.
- For 1 or 2 days, don't lift or push more than 10 pounds (about the weight of a gallon of milk).
- If you have extreme pain or complications, call your doctor right away.