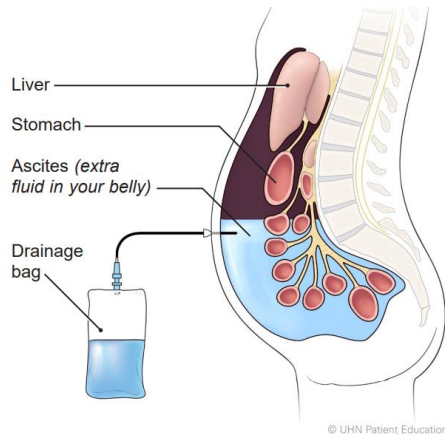




## About your procedure

A paracentesis is a procedure to remove extra fluid from your belly (abdomen). This fluid buildup in the abdomen is called ascites. This fluid may be removed to decrease abdominal pressure or to examine the fluid in the laboratory. Fluid buildup in your abdomen can sometimes cause problems with your bowels and breathing if it is not removed.



## What should I expect after the paracentesis?

You might notice there is less tightness around your abdomen. You will be able to breathe better, which should help you feel more comfortable.

## How do I care for myself at home?

- If you have pain after the procedure, your primary care provider can prescribe or recommend appropriate medications.
- It is normal for a small amount of fluid to leak from the puncture site. Keep the area dry and covered to prevent infection.
- After 24 hours, you can remove your bandage and shower. You can wash the needle site gently with soap and warm water.
- Do not tub bath or submerge in water for three days.
- Limit your activity for the rest of the day.

## Nutritional tips

- Eat small, frequent and protein rich meals throughout the day (every 2 – 4 hours)
- Limit added salt and high sodium foods
- Avoid alcohol

## When to get help

Contact the Liver Care Clinic if you have any of the following:

- Fever above 100.4 °F (38.0 °C)
- Bleeding from the puncture site
- Difficulty breathing
- Increased pain, redness, or swelling at the puncture site
- Unable to produce urine
- Fluid leaking from the puncture site for greater than 48 hours

If you are unable to contact the Liver Care Clinic and/ or your primary care provider, go to the nearest emergency department.