

How to contact us?

Toll-free booking line

1-866-752-6989 or 416-281-7299

Toll-free fax line

1-866-752-6990 or 416-281-7483

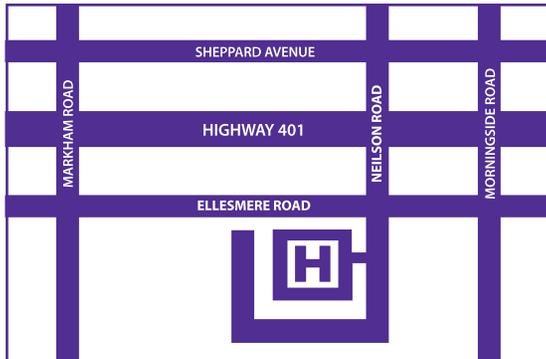
Rouge Valley Ajax and Pickering

580 Harwood Avenue, Ajax
905-683-2320 ext. 1123



Rouge Valley Centenary

2867 Ellesmere Road, Toronto
416-284-8131 ext. 4135



Our mission at **Rouge Valley Health System** is to provide the best health care experience for our patients and their families.

Our vision is to be
the best at what we do.

Our hospital campuses:

Rouge Valley Ajax and Pickering

580 Harwood Avenue
Ajax, ON L1S 2J4
905-683-2320

Rouge Valley Centenary

2867 Ellesmere Road
Toronto, ON M1E 4B9
416-284-8131

Instructions for Care Following a Liver Biopsy



Diagnostic Imaging



The best at what we do.

www.rougevalley.ca

What you can expect

- You may have slight discomfort at the biopsy site for 24 hours. This is normal
- You may feel some shoulder pain or discomfort for up to 24 hours.

Activity

- Rest for today. You may resume normal activity within 24 hours.
- Do not drive a motor vehicle for 24 hours.
- Do not lift anything heavier than 20 lbs (9 kg) for at least one week.

Diet

- You may resume your usual diet as you feel able.
- If you have had contrast (dye) during your test, drink extra fluids for 24 hours to help flush the dye from your system.

Things to remember

- Do not take Aspirin® or any products containing Aspirin. If you routinely take Aspirin, check with your doctor before restarting it. (Usual restart is in five days.)
- Do not take any non-steroidal anti-inflammatory medications, such as Motrin®, Advil® or Ibuprofen, for five days unless ordered by your physician.
- If you are on an anticoagulant (blood thinner), such as Coumadin® or Warfarin®, check with your doctor before restarting it.

Call your doctor if...

- You have abdominal pain, swelling, bleeding or increased bruising at the biopsy site.
- You develop a fever of 38.3° C (101° F) or higher.
- You vomit blood.
- You have persistent nausea or vomiting.
- You develop sudden weakness or dizziness.
- You have chest pain or shortness of breath.

Remember...

- If you have questions or concerns, please speak with your surgeon or family doctor.
- You may also contact Telehealth Ontario (24-hour service) at **1-866-797-0000**.

Follow up

You will likely already have a follow-up appointment scheduled with your doctor. However, if you do not one, please call your doctor's office to make one for the following date:

Please note that this brochure contains only general guidelines that may be changed as specified by your doctor.

Additional notes

Supporting your community hospital

The Rouge Valley Health System Foundation partners with the community to invest in state-of-the-art medical equipment and capital construction projects. You can help the Foundation ensure that your local community hospital delivers the best quality of care by making a donation.

Call the Foundation at **416-281-7342** or **905-683-2320 ext. 1501** or donate online at www.CanadaHelps.org.