

Contrast Extravasation

Patient Information Sheet

Patient Name: *(print first, last)* _____

You have received an injection of contrast to which the contrast extravasated.

What is extravasation?

Contrast that is given to patients is usually given by injection into a vein in your arm or hand. Occasionally, the injection may leak out from the vein to the tissues under the skin - this is known as extravasation. If this has happened, you may experience a stinging sensation where the contrast has gone into the tissue and it can be painful.

Instructions:

- Watch site closely until swelling resolves.
- Apply ice to affected area for 15 minutes, remove for 5 minutes and repeat for up to 4 hours. Use ice packs as needed for three (3) days. To protect your skin, wrap ice pack in a clean cloth before applying. Never place ice directly on the skin as it may cause frostbite, and do not leave it on for more than 15 minutes at a time.
- Elevate the affected arm as much as possible until the swelling has gone down.

What to watch for:

- Increased swelling or pain that does not get better over time.
- Blistering, ulceration, or other skin changes.
- Coolness of the lower arm or hand.
- Pins-and-needles or altered sensation in the arm or hand.
- Arm or hand changes in colour.

If you experience any of the above changes, please seek medical attention from your family physician/healthcare provider or go to your closest emergency department. Take this sheet with you.

Further questions should be directed to your family physician or healthcare provider.

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