



Belleville General Hospital
265 Dundas Street E.
Belleville, ON K8N 5A9
T: (613) 969-7400 ex. 2428
Hours: 8-4 p.m. Mon. Tues. Thurs.

Trenton Memorial Hospital
242 King Street
Trenton, ON K8V 5S6
T: (613) 969-7400 ex. 5106
Hours: 8-4 p.m. Wed. Fri.

Affix Patient Label

Medical Day Clinic

Paracentesis Patient Instructions

Ascites is a condition in which fluid pools in the abdominal cavity, the area of the body often called the stomach or the belly. Ascites can occur in patients with liver disease or cirrhosis, cancer, kidney disease, and heart disease.

The treatment focuses on reducing the fluid from your abdomen, treating the underlying cause of the ascites, and preventing complications. A procedure called a paracentesis may be completed. This is a simple bedside or clinic procedure in which a needle is inserted into the abdomen to remove the ascetic fluid. This may also be referred to as an abdominal tap.

Activity & Diet

- Weigh yourself every day, at the same time of day
 - Eat less salt
 - Avoid alcohol and medications like Tylenol that are broken down by the liver.
 - Check with your doctor before taking any over-the counter medications
 - Eat a healthy, well balanced diet
 - Rest as needed
 - Be sure to keep all follow up appointments
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Contact your doctor or go to the emergency department if you have the following serious side effects:

- A temperature of 100.5°F (38°C) or higher
 - Shortness of breath
 - Confusion or any change in your mental status
 - Abdominal swelling or pain
 - Difficulty stopping minor bleeding, or bleeding that won't stop
 - Loss in appetite
 - Nausea, vomiting or diarrhea
 - Bleeding from the rectum, or in the stool, or black stools
 - Vomiting with blood or coffee-ground material
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