



PATIENT INFORMATION

Discharge advice following Cardiac Angiography/ Angioplasty (radial approach)

Going home

- ❖ You should not drive home. You should have an adult to stay with you overnight.

Activities

- ❖ Do not lift more than 10 pounds for a week or until the wound has healed
- ❖ Refrain from heavy activity/strenuous exercise for a week
- ❖ Do not sit in a bathtub, hot tub or go into a swimming pool until the site has completely healed.
- ❖ The dressing may be removed the following day and you may have a shower. Take extra care when washing and drying the puncture site.
- ❖ Keep the wound clean and dry; do not apply any lotions or powders on the wound
- ❖ Do not let anyone take your blood pressure on the arm used for the procedure for three days
- ❖ It is advisable to drink plenty of water over the next few days; this will assist with flushing the dye out of your body
- ❖ It is advisable to refrain from consumption of alcohol for 24 hours.

When to call from help

- ❖ If severe bleeding occurs at the puncture site apply firm pressure and raise your arm above level of your heart, call for an ambulance immediately.
- ❖ Do not drive yourself to the hospital
- ❖ If you experience loss of sensation numbness, swelling or sudden pain at puncture site or your hand goes cold or turns blue, go to your nearest A&E department
- ❖ Please report back or visit your GP if you have signs and symptoms of infection: redness, swelling or drainage at site, prolonged pain, increased temperature, a red streak going towards your elbow or upper arm

Driving – DVLA recommendations

- ❖ After an angiogram, please do not drive for 48 hours after the procedure.
- ❖ After a stent or angioplasty (PCI), please do not drive for a week.
- ❖ If you have had a **heart attack** please seek advice from your consultant before you go home

What to expect

- ❖ Soreness or tenderness at the site that may last for a week
- ❖ Mild oozing from incision site
- ❖ Bruising at the site that may take 2-3 weeks to disappear
- ❖ A small lump which may last up to 6 weeks

Medications

- ❖ You can take paracetamol for minor pain
- ❖ If you take **metformin** DO NOT take for 48 hours following the procedure.
- ❖ If you take warfarin you may restart on the following day of the procedure unless the doctor has instructed otherwise

Please contact us at (01803) 655734 (CCU) the following morning to ensure that you have not experienced any problems following the procedure