

## 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 to 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.**

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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