



PATIENT INFORMATION

Discharge advice following Cardiac Angiography / Angioplasty (Femoral approach)

Going home

- ❖ You should not drive home
- ❖ You should have an adult to stay with you overnight.
This is in case you need any help in the night or if you have problems.

What to expect following the procedure

- ❖ Soreness or tenderness at the site that may last for a week.
- ❖ Mild oozing from incision site
- ❖ Bruising of the groin, leg or abdomen may occur and it may take 2-3 weeks to disappear
- ❖ A small lump (pea size) which may last up to 6 weeks.

Activities

- ❖ Refrain from heavy activity / strenuous exercise/heavy no more than lifting for a week.
- ❖ Do not sit in a bath tub, hot tub or go into a swimming pool until the site is completely healed.
- ❖ 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, until it is healed.
- ❖ You may eat as normal.
- ❖ 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 drinking alcohol for 24 hours.

When to call for help

Bleeding

It is rare to have severe bleeding from the insertion site once you are at home. If bleeding does occur you must:

- ❖ Lie flat
- ❖ Apply firm constant pressure with a flat hand directly on the swelling or bleeding. This should preferably be carried out by another adult
- ❖ Ring 999 for emergency ambulance services.
- ❖ Continue lying flat and apply firm pressure until you receive help
- ❖ **Do not drive yourself to hospital**

Swelling/Pain

- ❖ Groin swelling, weakness in the limb, sensory loss, persistent severe pain, bruising could be indicators of a rare complication after a femoral artery puncture.
- ❖ It is advised to rest the affected limb.
- ❖ Please contact your GP, or contact the Cardiac Catheter Lab as soon as possible to seek medical advice.

Poor circulation

- ❖ If you experience any pins and needles, change or colour (becomes blue or pale) or if your foot or leg become colder than normal, you must go to the nearest Accident and Emergency Department without delay.

Infection

- ❖ Please report back or visit your GP if you have signs and symptoms of infection: redness, swelling or drainage at site, prolonged pain, and increased temperature.

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

Medications

- ❖ You can take paracetamol for minor pain
- ❖ If you take metformin, you will need to have a blood test after 48 hours to check that your kidneys are working properly before you restart the medication
- ❖ If you take Warfarin, you may restart on the following day of the procedure unless the doctor has instructed otherwise.
- ❖ After an angioplasty, your cardiologist usually prescribes a medication called clopidogrel. It is important to complete the course which is 12 months. This medication should not be discontinued without seeking advice from your cardiologist.

Please contact us on (01803) 655734 8-6pm or out of hours (01803) 655532 if you experience any problems.