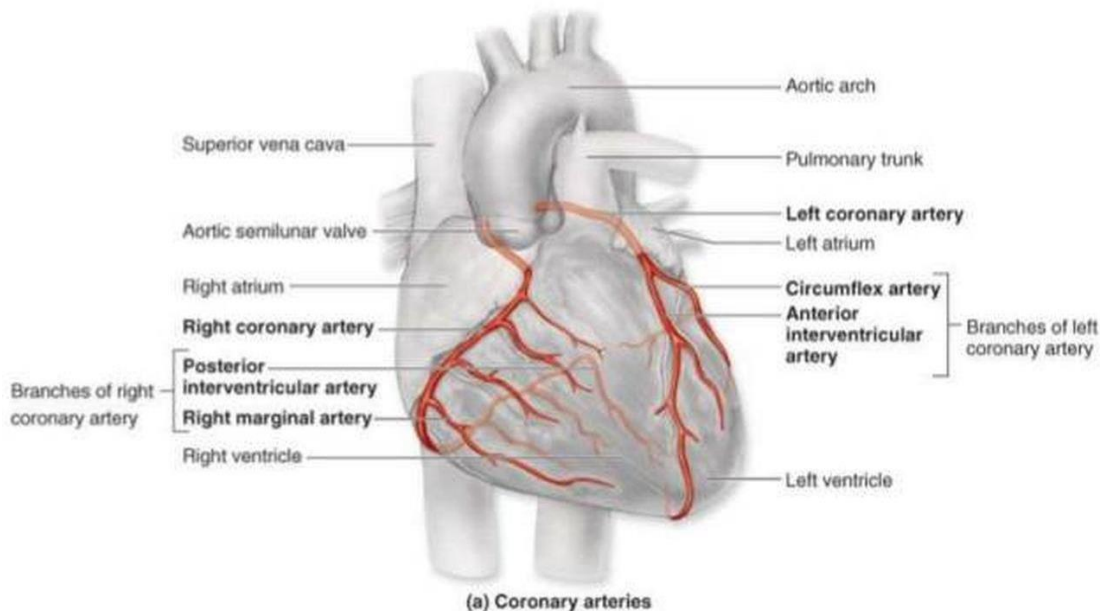


# Discharge advice following Diagnostic Coronary Angiography by Radial or Femoral approach

The Procedure you have had today was Diagnostic Coronary Angiogram. An angiogram is performed to find out if there are any narrowing in the arteries in your heart and to check the pumping ability of the heart muscles.

## *The heart is supplied with blood from the LEFT & RIGHT CORONARY ARTERIES.*



The consultant operator who performed the procedure was \_\_\_\_\_

Cardiologist consultant operator will discuss the result of the procedure with you before you are discharged. If there is anything you don't understand please ask the doctor before you leave the unit.

## Radial Artery Approach

### Going home

- You should not drive home.
- You should have a responsible adult to take you home and stay with you overnight.
- If you have any upcoming holidays, please discuss with the consultant on the day.

## Activities

- Avoid straining, lifting heavy objects for 48hrs post angiogram until the wound has healed
- 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.
- Do not drive yourself to the hospital.

## Infection, Swelling or Pain

- Please report back to cardiac cath lab or visit your GP if you have signs and symptoms of infection eg. redness, swelling or drainage at site, prolonged pain, increased temperature, a red streak going towards your elbow or upper arm
- If you experience fever, bleeding, persistent tenderness or swelling, redness or warm to touch, numbness or pain at the site, discharge or rash you must go immediately to your nearest A&E department/ alternatively during working hours(9am to 5pm) you can contact cardiac cath lab.
- 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. Cover area with dressing provided for 2-3 days
- Keep the wound clean and dry; do not apply any lotions or powders on the wound.
- 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 for help

### Bleeding

- If severe bleeding occurs at the puncture site apply firm pressure to stop the bleeding and raise your arm above level of your heart,
- Ask your friend/relative to ring 999 and return immediately to your nearest Accident & Emergency Department.

### Driving

- After an angiogram, please do not drive for 48 hours

### 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 are diabetic and take Metformin then please do not take for 48 hours following post procedure. This will restart on \_\_\_\_\_
- Depending on your blood results you may be asked to have a blood test on the 3rd day \_\_\_\_\_ and 7th day \_\_\_\_\_ after the procedure to check that your kidneys are working properly before you restart any withhold nephrotoxic medication .
- If you take either Warfarin, Apixaban, Dabigatran, Edoxaban or Rivaroxaban you may restart it on \_\_\_\_\_ (date)
- You can restart your \_\_\_\_\_ on \_\_\_\_\_ ( date) at \_\_\_\_\_ dose

## Femoral Artery Approach

### Going home

- You should not drive home
- You should have an adult to collect you and 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. Cover area with dressing provided for 2-3 days
- 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
- Ask someone to Ring 999 for emergency ambulance services.
- Continue lying flat and apply direct 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 rate complication after a femoral artery puncture.
- It is advised to rest the affected limb.
- Please contact your GP/ dial 999 or contact the Cardiac Catheter Lab on **0151 529 8551 during working hours 9am to 5pm 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 becomes colder than normal, you must go to the nearest Accident and Emergency Department without delay.

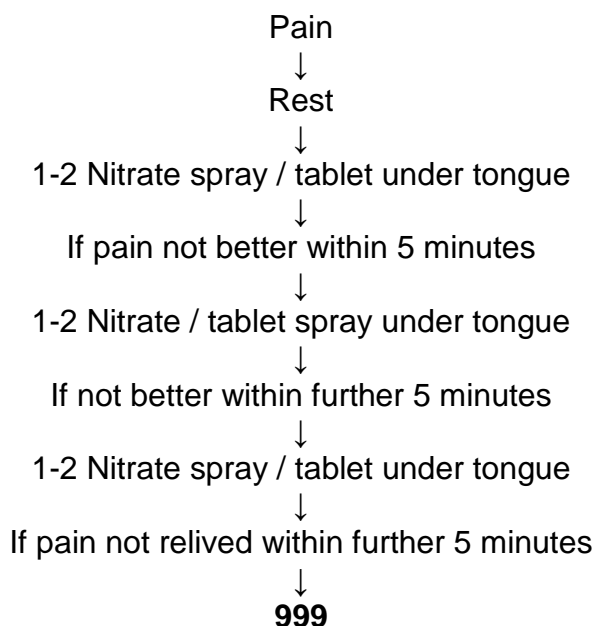
### Infection

- Please report back to cardiac cath lab during working hours or visit your GP if you have signs and symptoms of infection eg. redness, swelling or drainage at site, prolonged pain, and increased temperature.

### Driving

- After an angiogram, please do not drive for 48 hours
- Medications
- You can take paracetamol for minor pain
- If you take metformin withhold for 48hrs post procedure. Restart on \_\_\_\_\_ (date)
- Depending on your blood test results you may be asked to have a blood test on the 3rd day \_\_\_\_\_ and 7th day \_\_\_\_\_ after the procedure to check that your kidneys are working properly before you restart any withhold nephrotoxic medication
- If you take Warfarin, Apixaban , Dabigatran, Edoxaban or Rivaroxaban you may restart it on the \_\_\_\_\_ (date).
- You can restart your \_\_\_\_\_ on \_\_\_\_\_ (date) at \_\_\_\_\_ dose

## What shall I do if I get chest pain?



If your pain increases in severity at any time use your nitrate spray immediately and if pain is not reduced, phone 999. If your pain is reduced but you experience angina more often or the pain lasts longer, occurs at night or at rest, you should call GP

### Further Information and advice

If you have any problems or queries about your procedure please ring one of the numbers below;

**Catheter Lab Day Ward - 9 am - 5 pm on 0151 529 8551**  
**Acute Cardiac Care Unit - 24hrs on 0151 529 5192**

Information has been taken from British Heart Foundation; Heart Information Series Website:  
[www.bhf.org.uk](http://www.bhf.org.uk)



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**