

Information for patients

Introduction

You have had coronary angioplasty.

Please take some time to read through this information leaflet.

It provides information about your angioplasty site care, advice on resuming daily activities and explains potential complications and how to deal with them.

If you are going home on the same day as your procedure it is important to share this information with the person who is staying with you overnight.

YOU MUST NOT DRIVE YOURSELF HOME AND IF YOU ARE BEING DISCHARGED ON THE SAME DAY AS YOUR PROCEDURE SOMEONE MUST STAY WITH YOU OVERNIGHT. THIS SHOULD HAVE ALREADY BEEN ADDRESSED BUT IN THE EVENT OF A PROBLEM PLEASE ADVISE THE NURSE AS SOON AS POSSIBLE.

Results of Your Angioplasty

The consultant will have discussed the results of your procedure with you prior to your discharge. If you have any further questions please ask the discharging nurse to explain more fully.

You will receive a copy of the discharge summary that is sent to your GP electronically to inform him / her of your procedure and required follow up.

Femoral (Groin) Care

Keep the dressing in place for 24 hours after which you may shower as normal but please avoid bathing (if possible) for 2-3 days.

Avoid soap directly at the puncture site and dry the area gently by patting not rubbing.

Bruising is common and may extend down the thigh and as far as the knee. The bruising will gradually change colour and fade over the following 1-2 weeks.

Tenderness is common and paracetamol may help. **DO NOT** take pain relief that contains aspirin as you may already be taking aspirin following your angioplasty.

A small lump may develop at the puncture site and is a result of the scar from your procedure.

A new swelling accompanied by sudden pain or tenderness should be checked – please attend your nearest A and E department

Severe pain, constant pain or if your leg appears discoloured or feels cold or numb you **MUST** ring **999** and inform them you have recently had **CORONARY ANGIOPLASTY VIA THE FEMORAL ARTERY.**

If you experience bleeding at the site – Ring **999**, lie down flat and apply firm pressure over the site until help arrives.

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DO NOT drive yourself to Accident and Emergency or ask someone to bring you as you may require medical attention on route.

If the area around the wound site becomes painful, red and swollen please contact your GP as you may have an infection and need a course of antibiotics.

Angioseal (Femoral Artery)

This is a small collagen plug used to seal the puncture hole in the femoral artery.

You **MUST** carry your Angioseal card with you for the next 3 months as this is the time it takes for the 'plug' to be absorbed naturally.

A small pea size lump and / or mild tenderness at the site is common.

If you experience constant or severe pain or your leg feels cold, numb or appears discoloured you **MUST** ring **999** and inform them you have recently had **CORONARY ANGIOPLASTY VIA THE FEMORAL ARTERY**.

If you experience bleeding at the site – Ring **999**, lie down flat and apply firm pressure over the site until help arrives.

DO NOT drive yourself to Accident and Emergency or ask someone to bring you as you may require medical attention on route.

If the area around the wound site becomes painful, red and swollen please contact your GP as you may have an infection and need a course of antibiotics.

If you are readmitted to hospital with heart related problems within the 3 months following your angioplasty you **MUST** inform the doctor that you have an Angioseal (remember to bring your card) as any further angiogram or angioplasty procedures (if required) will need to be done through an alternative route.

Radial (Wrist) Care

Keep the dressing in place for 24 hours.

You may shower as normal once you are home.

You may bath but please avoid immersing your wrist for 2-3 days and be careful not to exert any pressure on the affected wrist when climbing in and out of the bath.

You **MUST NOT** use your arm for at least 48 hours following the procedure. If you were given a sling to assist with this after your procedure you may continue to use it.

Tenderness is common and paracetamol may help. **DO NOT** take pain relief that contains aspirin as you may already be taking aspirin following your angioplasty.

A new swelling accompanied by sudden pain or tenderness should be checked – please attend your nearest A and E department

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Severe pain, constant pain or if your hand / arm appears discoloured or feels cold or numb you **MUST** ring **999** and inform them you have recently had **CORONARY ANGIOPLASTY VIA THE RADIAL ARTERY**.

If you experience bleeding at the site – Ring **999**, lie down flat and apply firm pressure over the site until help arrives.

If you experience bleeding at the site – Ring **999**, lie down flat and apply firm pressure over the site until help arrives.

DO NOT drive yourself to Accident and Emergency or ask someone to bring you as you may require medical attention on route.

If the area around the wound site becomes painful, red and swollen please contact your GP as you may have an infection and need a course of antibiotics.

Do not be alarmed if you are unable to feel the pulse in your wrist as long as you have none of the symptoms above. This is common and will resolve after a few weeks.

Drinking

Drink plenty of fluids over the next 3-4 days to ensure that the contrast dye used during your procedure is fully flushed out of your system. **AVOID ALCOHOL FOR AT LEAST 24 HOURS FOLLOWING DISCHARGE.**

Working

If your procedure was elective (planned and attended as an outpatient) and without complications you may return to work after one week. If you have had a heart attack within the last four weeks and / or if your procedure was complicated the doctor will advise you when it is safe to return to work as this will be dependent on the type of work you are doing. If, following discharge you feel you need longer off work you will need to discuss this with your own G.P.

Sexual Activity

Cardiac rehabilitation advice will include this but as a guide; if you are able to walk up two flights of stairs without experiencing chest pain and / or breathlessness you can resume sexual activity two weeks after your procedure regardless of your diagnosis.

If you normally take medication for erectile dysfunction (TADALAFIL, SILDENAFIL (VIAGRA), AVANAFIL AND VARDENAFIL) please speak to your Doctor before recommencing this medication.

Medication

Antiplatelets (Aspirin / Clopidogrel / Ticagrelor)

You will normally be required to take a combination of two antiplatelet tablets for 12 months following your angioplasty, one of which will usually be Aspirin (unless you are allergic or unable to tolerate aspirin) and the other will either be Clopidogrel or Ticagrelor. It is extremely

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important that you take your medications as prescribed as they reduce the risk of the newly fitted stent becoming blocked. After 12 months you will normally just take one antiplatelet regularly and your GP will receive instruction from the Cardiology doctor in the discharge summary which is sent to your GP surgery electronically when you are discharged home.

There are circumstances where this may differ and there may also be changes made to other medication that you normally take. You will be advised of all your medication prior to discharge.

Oral anticoagulant medication (Warfarin / Apixaban / Rivoroxaban / Dabigaptran)

You will have been given clear instructions and this will vary from one patient to another depending on the reason you are taking it.

Cardiac Rehabilitation

You will be referred to your local team of Cardiac Rehabilitation Specialist Nurses. They will provide detailed advice about managing risk factors and getting back to your normal level of health and fitness following your diagnosis and procedure. Research shows that cardiac rehabilitation can improve your long term health and prognosis.

Driving

Cardiac rehabilitation advice includes driving but as a guide:

Group 1 (Regular) Licence

If you have a diagnosis of heart attack or angina and your angioplasty was successful and **NO** further angioplasty is planned – you may drive after one week and you **ARE NOT REQUIRED TO INFORM DVLA PROVIDING YOU HAVE NORMAL HEART FUNCTION.**

If you have a diagnosis of heart attack and your angioplasty was unsuccessful **OR** you have had successful angioplasty but your heart function is reduced you may drive after 4 weeks and **ARE NOT REQUIRED TO INFORM DVLA.**

If you have a diagnosis of angina and your angioplasty was unsuccessful - you may drive after 1 week and **ARE NOT REQUIRED TO INFORM DVLA** regardless of whether you have normal heart function or not.

Group 2 (HGV or PSV) Licence

YOU ARE REQUIRED TO INFORM DVLA of your diagnosis and treatment. **DVLA** restrictions prevent you from driving for six weeks after which you must reapply for your licence and may be required to pass an exercise / functional test. **IMPORTANT: YOU MUST HAVE PERMISSION FROM A MEDICAL DOCTOR BEFORE YOU BEGIN TO DRIVE AGAIN.**

Mobility Scooters

A Class 3 mobility scooter requires a driving licence to ride it on the road therefore the same rules apply as for Group 1 (regular).

There are no restrictions for those driving a Class 1 or Class 2 scooter as they do not require a driving licence and should not be used on the road.

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Although it is not a legal requirement you are advised to inform your Vehicle Insurer of your diagnosis as this event is a change to your medical history.

Travel

If you are considering travelling and / or flying please discuss your fitness to travel with your doctor.

Diabetes

YOU CAN USUALLY restart Metformin 48 hours after angioplasty. If you need a blood test before restarting the discharging nurse will have advised you of this. If you are unsure or cannot remember please contact the Coronary Care Unit (CCU) on 03033 302367.

If you suffer nausea or vomiting within the first 48 hours following your angioplasty **or** within the first 48 hours of restarting Metformin you should attend your nearest Accident and Emergency department. All other diabetic medication can be safely restarted immediately following angioplasty.

Lifting

AVOID lifting more than 10 lbs (approximately one bag of groceries) for at least a week.

Exercise

AVOID sport, especially football, rugby, cycling, golf and swimming for at least two weeks. Your Cardiac Rehabilitation team will provide further advice.

Contact Telephone Numbers

Scunthorpe General Hospital

Switchboard 03033 306999

Coronary Care Unit

03033 302367

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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