

Coronary Angiogram Discharge Information



Name:

Who to contact and how:

Notes:

Diana, Princess of Wales
Hospital
Scarcho Road
Grimsby
DN33 2BA
03033 306999
www.nlg.nhs.uk

Scunthorpe General
Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlg.nhs.uk

Goole & District
Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlg.nhs.uk

Information for patients

Introduction

You have had a coronary angiogram.

Please take some time to read through this information leaflet.

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

It is advisable that someone stays with you overnight.

It is advisable that you share this information with someone you may seek assistance from in the event of complications or in an emergency.

YOU MUST NOT DRIVE YOURSELF HOME. IF YOU HAVE NOT ARRANGED TRANSPORT PLEASE ADVISE THE NURSE AS SOON AS POSSIBLE.

Results of Your Angiogram

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.

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

You may return to work after 2-3 days **UNLESS** you have been advised otherwise.

Medication

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

Depending on your diagnosis and / or treatment plan, you may be contacted by a cardiac Specialist Nurse in the next few days. 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.

Information for patients

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.

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 a **CORONARY ANGIOGRAM 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.

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 24 hours following the procedure.

Tenderness is common and paracetamol may help. **DO NOT** take pain relief that contains aspirin.

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 hand / arm appears discoloured or feels cold or numb you **MUST** ring **999** and inform them you have recently had a **CORONARY ANGIOGRAM 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.

Information for patients

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.

Driving

Unless you have been advised otherwise, you are advised to refrain from driving for a **minimum** of 24 hours.

In the event you need to perform an emergency stop the puncture site may rupture and bleed.

If you are experiencing pain / tenderness at the site this may affect your driving performance and you are advised to wait until the site feels normal before driving.

Diabetes

YOU CAN USUALLY restart Metformin 48 hours after an angiogram. 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 angiogram **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 an angiogram.

Lifting

AVOID lifting more than 10 lbs (approximately one bag of groceries) for at least **3 DAYS**.

Exercise

AVOID sport, especially football, rugby, cycling, golf and swimming for at least **3 DAYS**.

Contact Numbers

Scunthorpe General Hospital

Switchboard 03033 306999

Coronary Care Unit

03033 302367

Information for patients

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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