



## **POST ANGIOGRAM**

### **POST PROCEDURE**

- Avoid heavy lifting (more than 3kg), strenuous exercise and any activity that puts strain on the puncture site for at least 7 days post discharge
- Rest on the day of discharge
- No driving for 2 days, or as per your Cardiologists instructions.
- No baths or swimming pools for 10 days.
- Follow your Cardiologists advice with regards to returning to work, ask them for a medical certificate if needed.
- **Wrist Puncture:** Treat arm as broken. Wear sling and avoid use of limb for two days.

### **CARE OF THE PUNCTURE SITE**

- It is normal for you to have some tenderness at the puncture site and for there to be a "pea" sized lump for about 1-2 weeks.
- If you notice bleeding from the wound, sit down and apply firm pressure to the area for 15 minutes. Elevate the puncture site where possible.
- If the bleeding continues, phone the ambulance and continue to apply pressure until help arrives.
- If swelling occurs under the skin at the puncture site apply firm pressure for 15minutes. If there is not a decrease in the size of the swelling, seek medical advice.
- Remove the waterproof dressing in the shower 24hrs following the procedure
- If you experience some slight discomfort you may take paracetamol as directed, if the pain continues contact your GP.
- Contact your GP if you notice any of the following:
  - Pain, redness, swelling or ooze from the puncture site.
  - Change in sensation or feeling at the puncture site or in the limb of the puncture site

### **DIET**

- Resume healthy diet as desired
- Ensure adequate hydration as advised by nursing/ medical staff on discharge

### **RETURN OF ANGINA SYMPTOMS (CARDIAC PATIENTS)**

- Sit down and rest immediately
- Administer Anginine or Nitrolingual spray (GTN spray) as instructed
- If the symptoms persist for more than 20mins after use of Anginine or GTN spray, phone an ambulance, as immediate hospital treatment is necessary to prevent a heart attack
- If the symptoms are relieved, rest and then inform your GP of the return of your angina

**Follow up with your GP in 7-10 days to check puncture site.**

**We will contact you after your stay here to assess your recovery.**

### **CONTACT NUMBERS**

If you have any queries please call your Specialist, the Cardiac Ward on 3326 3272 or the St Vincent's Private Hospital Northside Emergency Department on 3326 3320 or your nearest Emergency Department.

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