

# Percutaneous Coronary Intervention(PCI) discharge information

An information guide



# Percutaneous Coronary Intervention (PCI) discharge information

## How should I care for the puncture site?

Check the puncture site once a day, for the next seven days and contact the hospital if you have any concerns. Your nurse will explain what to look for and what is normal.

We do not expect any serious problems following your procedure, however if you notice any of the following:

- Excessive bleeding or swelling from your puncture site. Lie down and apply pressure. Dial 999 for an ambulance.
- Coldness, blueness, numbness or excessive pain in the affected arm or leg. Dial 999 for an ambulance.
- Bruising around the puncture site. This is fairly common. However, if it is excessive or if you are worried please contact ward 1 on 0161 778 2501 for advice.

**Do not** do any heavy lifting for five days, for example carrying shopping bags, vacuuming or lawn mowing.

## Wrist:

If the wrist is used you will return to the ward with a TR (trans radial) band which is a special type of plastic bracelet, underneath which is a small balloon. The balloon will press hard on the artery to stop the bleeding.

The nurse will slowly deflate the balloon to make sure there is no bleeding. The bracelet will be taken off before you go home. **Do not** wear jewellery or a watch on the wrist for 5-7 days.

**Groin:**

An angioseal (plug) may be put in the artery in the groin to stop any bleeding. This is made from collagen and will dissolve within 3 months.

The angioseal will feel like a small bead or pea sized lump in the groin, this is normal, and will slowly reduce as it dissolves. If an angioseal is not used, the nurse may press on the groin or use a special item of equipment to press on the groin to stop any bleeding.

You may shower the next day. The clear plaster should come off the next day.

- **Do not** put any cream or lotion on the puncture site.
- **Do not** bathe, swim or soak the puncture site in water for 5-7 days.
- **Do not** do any heavy lifting for five days, for example carrying shopping bags, vacuuming or lawn mowing.

**Day case patients:**

You will be contacted by telephone by a cardiology specialist nurse after your procedure.

**For medical personnel only**

The interventionist on call on the DAY of this patient’s procedure is:

Dr.....

Please contact via the hospital switchboard on 0161 624 0420.

## **Is chest pain normal afterwards?**

Most people do not get chest pain after PCI.

Some people can experience coronary artery spasm afterwards, which can be like angina but usually settles. Some people may get further angina coming from other diseased arteries.

Use your GTN spray or tablets for under your tongue for angina. If you get more and more angina you need to make an early appointment with your GP.

## **If you are concerned please contact:**

Ward One, any time - 24 hours - 0161 778 2501,

Ward Two - 24 hours 0161 778 3983 or

the Cardiology Specialist Nurse on 0161 778 2450 for advice.

If your chest pain is not relieved with your GTN spray - two sprays every five minutes for fifteen minutes, then you must telephone for an ambulance. **Do not drive.**

## **I am diabetic what should I do about my tablets?**

Your ward nurse will advise you when to restart your diabetes medicines according to your individual diabetes care plan.

If you have diabetes and take any of the following tablets - Metformin hydrochloride, Glucophage SR, Bolamyn SR. Avandamet, (rosiglitazone and metformin hydrochloride), Competact (pioglitazone and metformin hydrochloride), Eucreas (vildagliptin and metformin hydrochloride) or any tablet with metformin added.

You may be advised not to take these medications on the day of the procedure. You may be advised to stop the medications for 2 days after the procedure.

### **Please re-start on:**

Day.....Date..... Nurse.....

Continue with insulin and other medications as usual.

## How long do I need to take the clopidogrel for?

Clopidogrel 75mgs tablet once a day:	for 6 months <input type="checkbox"/>	for 12 months <input type="checkbox"/>	for..... months
Ticagrelor 90mg tablet twice a day:	for 12 months <input type="checkbox"/>		
Aspirin 75mg tablet once a day:	lifelong <input type="checkbox"/>	for..... months	
Other medication advice (i.e. warfarin, apixaban, rivaroxaban, dabigatran)			
Medication name:	Lifelong <input type="checkbox"/>	for..... months	

The ward nurses will tell you how long you need to take the clopidogrel tablets for, it may be six months or a year. Aspirin should continue usually for life.

You will be given a clopidogrel information card. You must show the card to your dentist and any other doctors or specialists who may care for you while you are taking the clopidogrel. Clopidogrel reduces the risk of getting a blood clot in the stent.

Instead of Clopidogrel some people take Ticagrelor, this is usually after a heart attack.

**It is extremely important that you do not stop taking these tablets unless advised to do so by your cardiologist.**

## **When can I increase my activity and start exercise?**

Do not start any new exercises for two weeks; continue with your usual routine. After two weeks, you can begin to increase your activity. You will be invited to your local cardiac rehabilitation programme.

If you have had a heart attack before undergoing PCI do not do any new exercises for four weeks. It is usual to attend the exercise and cardiac rehabilitation programme after four weeks.

## **When can I return to work?**

It is generally alright to go back to work after one week if you are returning to an office based job. If you are returning to a job that involves heavy lifting you will need to have two weeks off work. Speak to the nurses for advice or contact your G.P.

If you have had a heart attack before undergoing PCI it is usual to be off work for at least six weeks.

## **When can I drive?**

Inform your insurance company that you have had PCI, as many insurance policies need to be updated with details of any changes to your health.

### **The DVLA state:**

**Do not drive your car or motorcycle for at least one week.** You do not need to notify the DVLA.

### **The DVLA state:**

**Bus and lorry drivers must not drive and must inform the DVLA.** Licence will be refused or revoked. Driving may be relicensed after six weeks if the requirements for exercise or other functional tests can be met and there is no other disqualifying condition.

## **After a heart attack, the DVLA state:**

Driving may resume after one week after successful percutaneous coronary intervention, provided no other urgent percutaneous coronary intervention is planned, that the LV ejection fraction is at least 40% before discharge from hospital and there is no other disqualifying conditions.

Your cardiac rehabilitation nurse will have discussed this with you, if you have any questions please call your rehabilitation team telephone numbers are in the back of this booklet.

## **When can I have a holiday?**

You can travel within the British Isles after one to two weeks. If you travel within the British Isles you do not need extra travel insurance.

The cardiologists recommend not flying for **four** weeks. Inform your travel insurance that you have had PCI.

It is highly recommended that you have travel insurance; you may need to 'shop around' to find a suitable policy. The British Heart Foundation can suggest companies that can provide travel insurance.

If you have had a heart attack you need to update your travel insurance, and ask for further holiday advice from your cardiac rehabilitation nurse.

## **What can I do to help?**

- If you smoke, stop smoking
- Control your blood pressure
- Lower your cholesterol by eating a healthy diet and usually by taking cholesterol lowering tablets called statins
- Control your weight



- Be more physically active
- Aim for five portions of fruit and vegetables each day
- Reduce stress
- If you are diabetic it is important for your heart and your health that you control your diabetes.

Some of the lifestyle causes of heart disease can be changed to reduce your risk of further heart problems in the future.

The cardiac rehabilitation programme you will be invited to can help you begin these lifestyle changes. Even if you have had a heart attack, or been diagnosed with coronary heart disease, you can help your heart to stay healthy and reduce your risk of further problems.

### **Notes/questions to ask page**

Some people think of questions to ask us when they are at home, and then sometimes forget the questions when they come to hospital.

Please write any questions you have on this page for when you come to the hospital or for when you telephone us.

## **Contact numbers, useful numbers and website addresses**

**Ward 1: 0161 778 2501**

**Ward 2: 0161 778 3983**

**Cardiology Specialist Nurse: 0161 778 2450**

### **Northern Care Alliance NHS Group (NCA):**

**Switchboard: 0161 624 0420**

### **Cardiac rehabilitation teams and cardiology specialist nurses:**

**Fairfield General Hospital: 0161 778 2450**

**North Manchester General Hospital: 0161 720 2395**

**Royal Oldham Hospital: 0161 627 8059**

### **British Heart Foundation Heart**

**Helpline: 0300 330 3311 or email [hearthelpline@bhf.org.uk](mailto:hearthelpline@bhf.org.uk)**

**[www.bhf.org.uk](http://www.bhf.org.uk)**

### **DVLA**

**DVLA drivers medical enquiries - 0300 790 6806**

**[www.dvla.gov.uk](http://www.dvla.gov.uk)**

### **NHS Choices**

**Helpline: 0845 606 4647**

**[www.nhs.uk](http://www.nhs.uk)**

## **Stop Smoking**

NHS smokefree national helpline: 0300 123 1044

Local smoking cessation numbers

Rochdale, Heywood and Middleton - 01706 751190

Bury - 0161 253 7575

Oldham – 0800 288 9008

In Greater Manchester contact your GP receptionist for further information

## **Diabetes UK**

Diabetes care line: 0345 123 2399

[www.diabetes.org.uk](http://www.diabetes.org.uk)

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

 [www.facebook.com/NorthernCareAllianceNHSGroup](http://www.facebook.com/NorthernCareAllianceNHSGroup)

 [www.linkedin.com/company/northern-care-alliance-nhs-group](http://www.linkedin.com/company/northern-care-alliance-nhs-group)

 Northern Care Alliance NHS Group (NCA) @NCAlliance\_NHS

**Date of publication: November 2009**

**Date of review: May 2020**

**Date of next review: May 2022**

**Ref: PI(M)598**

© The Northern Care Alliance NHS Group

[www.pat.nhs.uk](http://www.pat.nhs.uk)

[www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

