

Discharge information following your Coronary Angiogram

An information guide



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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 you are worried please contact the hospital for advice, Silver Heart unit/Ward 1 on 0161 778 2501, Coronary care unit/ward 2 on 0161 778 3983.

Do not do any heavy lifting for 5 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 band, a special plastic compression 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 to 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. Please carry your patient information card with you for three months. If the 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.

When can I have a shower and/or a bath?

You may shower the day after the angiogram. The clear plaster should come off the next day. Do not put any cream or lotion on the puncture site. Do not bath, swim or soak the puncture site in water for 5 to 7 days.

I am diabetic what should I do about my tablets?

If you have diabetes and take any of the following tablets - Metforminhydrochloride, 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, then you may be advised not to take these medications on the day of your 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.

When can I drive after the angiogram?

- After your angiogram you should not drive for **2 to 3** days.
- **DO NOT** drive home on the day of the angiogram, organise a friend or relative to pick you up from Ward 2.
- You do not need to inform the DVLA that you have had an angiogram.
- Group 1 drivers (cars and motorcycles).The DVLA does not restrict drivers having had an angiogram but does advise that patients suffering from angina occurring at rest, with emotion or behind the wheel only recommence driving when satisfactory symptom control is achieved.
- If you have a group 2 entitlement (lorries and buses) your licence is refused or revoked with continuing angina symptoms (treated and/ or untreated).

When can I return to work?

It is generally ok to go back to work after 2 to 3 days if you are returning to an office based job. If returning to a job that involves heavy lifting you may need more time off.

Contact numbers, useful numbers and website addresses

Silver Heart Unit / Ward 1: 0161 778 2501

Coronary Care Unit / Ward 2: 0161 778 3983

Pennine Acute Hospital Trust switchboard: 0161 624 0420

Cardiac Services Telephone Number

Fairfield General Hospital: 0161 778 2450

North Manchester General Hospital: 0161 795 4893

Royal Oldham Hospital: 0161 627 8059

British Heart Foundation

Heart Information Line (Local rate number) 08450 70 80 70

Website address: www.bhf.org.uk

DVLA

Enquires line Telephone: 0870 240 0009

Website address: www.dvla.gov.uk

NHS Direct 0845 4647

Website address: www.nhsdirect.nhs.uk

Smoking Cessation

NHS Free Smoking Helpline: 0800 022 4 332

7 Days a week, 7am to 11pm. here to help you!

Website address: smokefree.nhs.uk

Local Smoking Cessation contact numbers

Rochdale, Heywood and Middleton 01706 708000

Bury 0845 223 9001

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).

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