



Information for
patients and
carers

**Discharge Advice following a
Coronary Angiogram**

Radial Approach

This leaflet has been written to provide you with advice following a coronary angiogram. We hope it answers some of the questions or concerns that you may have. It is not intended to replace talking with medical or nursing staff.

On arrival home

Please take note of the following points:

- Take appropriate rest and minimise the amount of physical activity that you do
- Avoid lifting for the next 72 hours
- Avoid pushing or pulling with the affected wrist, which includes using a walking stick or pushing up from a chair
- You will have a dressing on your wrist which can be removed the day following your angiogram. You can replace this with a plaster if required
- Avoid having a bath for the next 3-4 days until the puncture site heals. You can have a shower/strip wash 24 hours following your angiogram. Take care when washing and drying the puncture site
- It is normal to experience discomfort over and around the puncture site after your procedure. If required you can take some painkillers e.g. paracetamol, but do not exceed the manufacturer's instructions
- Do not drive for the next 48 hours due to the risk of any bruising or bleeding to the puncture site

Concerns

Should you experience any of the following or have any concerns:

- Bleeding
- Severe pain
- Large swelling to the puncture site
- Your hand/arm is becoming increasingly blue or cold

Please contact:

- Cardiac Catheter Suite (Monday-Friday 8-4pm): 01772 524382
- Your own GP
- Seek advice from the NHS out of hours service: telephone 111

If you are unable to contact any of the above attend the hospital Emergency Department. Should you experience severe bleeding from the puncture site, place your wrist on a firm surface, leave any dressing in place, apply firm pressure and seek medical help immediately via 999.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણ માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دوسری زبانوں اور ریڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یئچھیا جس یبھ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھے۔ معلومات

Arabic:

مطبوعه بأحرف كبيره و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يرجى أن تطلب أخرى بمفان تو فسير هذه المعلومات

Department: Cardiac Catheter Suite

Division: Medicine

Production date: November 2022

Review date: November 2025

JR 730 v1