



Information for patients
and carers

Discharge advice following a coronary angiogram

Femoral 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 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
- No heavy lifting for the next 72 hours
- There is no need to apply a dressing or plaster over the puncture site
- 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

Plug device

If a plug device was used to seal the artery in your groin this is called an angioseal. This sits in the artery sealing the hole made during the procedure. The plug will dissolve over the next 30 - 90 days. You may be able to feel a pea size lump in your groin; this is nothing to worry about.

Please do not purposely go feeling for a lump as this may dislodge the seal.

If you have a vigorous cough please support the area with your hand until the coughing subsides.

Concerns

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

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

Please contact:

- Cardiac Catheter Suite (Monday-Friday 8-4pm) 01772 524383 or 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, lie on a firm surface, leave any dressing in place, apply firm pressure and seek medical help immediately via 999.

If you need any help/advice or have any questions please do not hesitate to contact the Cardiac Catheter Suite on (Monday-Friday 8-4pm) 01772 524382.

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.patient.co.uk
www.accessable.co.uk
www.bhf.org.uk

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

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

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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 including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

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 છપાણામાં 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:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لئے مدد کی ضرورت ہے تو ییچھپیا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان ہو ییچھدی۔ معلومات

Arabic:

مطبوعه بأ ح ر ف ك ب ي ر ة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمانن تو فير هذه المعلومات

Department: Cardiac Cather Suite

Division: Medicine

Production date: January 2022

Review date: January 2025

JR 729 v1