

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 8am - 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.

Contact details

Should you require further advice or information please contact:

Cardiac Catheter Suite (Monday - Friday 8am - 4pm) 01772 524382

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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