

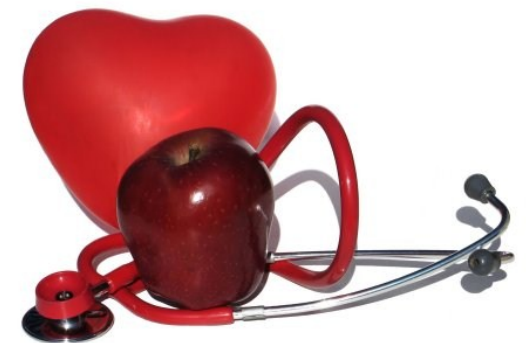


Discharge Instructions for Angiography Patients

Nepean Private Hospital

Nepean Private Hospital
1-9 Barber Avenue
KINGSWOOD NSW 2747

Phone: 02 4732 7333
Fax: 02 4721 8895



Nepean Private Hospital - Discharge Instructions for Angiography Patients

The Procedure

A puncture was made into the artery, which will need time to heal. You are advised to rest and walk only about your home for the remainder of the day and night following the Angiogram.



Driving

Do not drive for 48 hours (or as your doctor advised) following the procedure, as this will put undue pressure on the puncture site.



Puncture Site

Groin (upper thigh) or wrist. The arterial puncture site will be covered with a small plastic dressing. This dressing needs to be removed after 48 hours. Remove whilst in the shower. Do not soak in baths or spas until the skin entry site has healed (3-4 days).

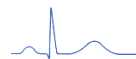


Diet and Fluids

Resume your normal diet. Drink a total of 2 litres during the day unless you are on a known fluid restriction

Pain / Bruising

Tenderness over the puncture site is normal, as there may be some superficial bruising. Sometimes a lump may appear and persist for days or weeks.



Returning to Work

Your doctor will advise when it is appropriate to return to work and resume your usual level of physical activity.



Bleeding

It is unlikely that you will run into problems with bleeding after discharge. However, if the puncture site starts to bleed, then pressure needs to be applied over the area. if the site is in the groin, it is best to lie down on a bed and ask a responsible adult with you to press over the site with a few tissues in between their fingers and your skin.

The pressure should be applied for **ten minutes**, even though the ooze will probably stop within two minutes. If the plastic dressing has been removed in the process, apply a band aid over the site when your carer has finished pressing. Contact the hospital if this occurred, they will advise you what to do next. Remain on bed rest overnight. If the bleeding is uncontrollable and you feel faint call 000.

Concerned or Need Advice?

Please contact your doctor or the critical care unit at the hospital on the following numbers:



- ☎ Nurse Unit Manager of Critical Care or after hours Team Leader of Critical Care Tel: 4725 8732
- ☎ Your Cardiologist
- ☎ Your General Practitioner



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