

Going home after your coronary angiogram

This leaflet explains what to expect and watch out for when you go home following your coronary angiogram. If you have recently had a heart attack, you should discuss issues such as returning to work, activity and driving with your doctor or nurse. If you have any questions or concerns when you are at home, please call the cardiac rehabilitation advice line or the ward you stayed on – contact details are at the end of this information sheet.

How should I care for the wound to my groin/wrist?

It is normal for your groin or wrist to be tender for a few days after the angiogram. It is also normal for a bruise to develop.

However, if you notice any of the following please contact your GP:

- a hard tender lump under the skin around the area of the wound (although a pea-sized lump is normal)
- any increase in pain, swelling, redness and/or discharge at the site
- a cold foot or hand on the same side as the angiogram
- a raised temperature/fever.

If your wound starts to bleed you should apply pressure to the area keeping your leg as straight as possible if the groin was used for the procedure (lying down if you can). Raise your hand across your chest if your arm was used:

- If the bleeding **does not stop after 10 minutes**, dial 999. **Do not drive yourself to A&E.**
- If the bleeding stops within 10 minutes, keep your leg or arm as still as possible for the following hour. If bleeding re-starts go to your A&E department. **Do not drive yourself to A&E.**

You can shower when you get home but avoid rubbing the wound site or having a bath for up to five days. Do not put creams, talcum powder or soap directly onto the wound site for up to a week after the angiogram to avoid irritation and reduce the likelihood of infection.

Chest pain

Your chest is likely to feel tender after the procedure. This is normal and should settle within a few days. However if the discomfort continues and is similar to your angina pain, use your GTN medicine as prescribed. If your pain lasts longer than 10 minutes after using your GTN medicine, dial 999 or go to your nearest A&E department. **Do not drive yourself to A&E.**

Can I eat and drink as normal?

You can eat and drink as usual but avoid alcohol for 24 hours. You should also drink plenty of non-alcoholic fluids to clear the contrast fluid from your body.

When can I return to my normal activities?

When you are able to return to work depends on your job and on the results of the angiogram. Please follow the advice given to you by your doctor and nurse. You can self certificate but if you think that you will require a sick certificate, please contact your own GP.

You will also need to speak to your doctor about when to start exercising; again this will depend on the result of the angiogram.

Driving – please do not drive on the day of your procedure. This will allow time for your wounds to heal. You can start driving from three days after the procedure, as long as you feel comfortable and have not had any problems.

Useful sources of information

British Heart Foundation Information Line

Provides information on issues relating to heart disease.

t: 08450 70 80 70 or visit **w:** www.bhf.org.uk

Driver Vehicle and Licensing Agency (DVLA)

write to Drivers Medical Group, DVLA, Swansea SA6 7JL **t:** 0300 790 6801

textphone: 0300 123 1278 **e:** drivers.dvla@gt.net or **w:** www.dvla.gov.uk

Contact us

If you have any questions or concerns about your coronary angiogram when you are at home please call the ward you stayed on:

- **Becket Ward** **t:** 020 7188 0724
- **Stephen Ward** **t:** 020 7188 6463

Alternatively, please call the **cardiac rehabilitation advice line**

t: 020 7188 0946 (Monday to Friday, 9am to 5pm), or

the **cardiology nurse case managers**

t: 020 7188 0978 (Monday to Friday, 9am to 5pm).

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership