

Going home after your angiogram

You have just had an angiogram. It is important for your safety that you follow the instructions below for the next 48 hours.

You should rest for the remainder of the day and possibly for the next day, depending on your recovery. You should also:

- have someone stay with you overnight
- eat and drink normally
- take your usual pain relief as prescribed if you have any pain
- continue with your normal medication as prescribed, but if you take **metformin** tablets, please do not take them for the next two days
- **not shower for at least 24 hours following the procedure or bathe for at least 48 hours following the procedure.**

Keep a regular check on the puncture site where you had the angiogram. To give the puncture site time to heal, **do not:**

- drive for 48 hours after the procedure
- do any form of strenuous exercise for 48 hours after the procedure.

You can resume your normal activities after **48 hours**.

What if I have a problem at home?

If you have a problem after you have been discharged, please contact the interventional radiology department on **020 7188 5525** at Guy's or **020 7188 5477** at St Thomas's (Monday to Friday, 9am to 5pm) for advice.

You may notice some bruising at the puncture site. Bleeding or swelling is rare but if it does happen, lie down and apply pressure directly on the site for ten minutes. If the bleeding or swelling continues after ten minutes, go to your nearest accident and emergency (A&E) department taking this sheet with you.

If you feel you need urgent medical attention or are worried about anything outside of our normal opening hours, please contact Luke Ward on **020 7188 3566**, your GP, NHS 111 (which gives health information and advice from a specially trained nurse over the phone 24 hours a day) or go to your nearest A&E department.

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

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Angiogram

Post-procedure information to be presented to a doctor if attending A&E.

Patient's name: _____

Date of birth: _____

Hospital number: _____

Date of procedure: _____

Summary of the procedure:

Doctor's name: _____

Doctor's signature : _____