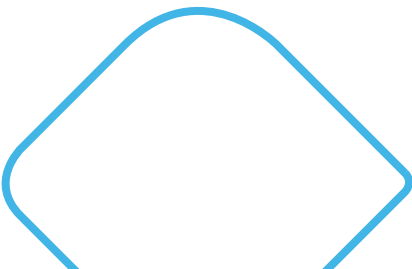


Patient Information for Cardiac Catheterisation and Coronary Angioplasty



Going home:

- You should be accompanied by an adult to stay with you overnight.
- If the procedure was performed through the groin use the lift when you are discharged and climb stairs at a slow, steady pace.

For the next 24 hours:

- Drink 1-2 litres (2-3 pints of water) during the rest of the day to help flush the contrast medium from your system.

If you are given sedation, please be mindful of the following for the next 24 - 48 hours:

- You may experience drowsiness, light-headedness or nausea following sedation, though these are usually short lived.
- Increased risk of falling, particularly if you are older or frail. You should have someone responsible staying with you for 24 hours after the procedure
- Avoid alcohol consumption for 24 hours after your procedure as this is likely to prolong the effects of sedation and cause you to be excessively drowsy
- Avoid making legal decisions or signing legal documentation for at least 24 hours
- Do not operate heavy machinery for at least 24 hours

The effects of sedation vary from one person to another. If you have specific questions relating to the use of sedation medications, please do not hesitate to ask your healthcare provider.



The small puncture to your artery has sealed but takes a further two to three days to heal completely from the inside.

For the next two days:

- Avoid strenuous activity or heavy lifting.
- If the procedure was performed through the wrist avoid pulling or pushing with your affected arm.
- Do not drive. (If you have had stents inserted see below).
- Slowly resume your normal daily activities within your own limits.
- If you are prone to constipation, take a laxative so that you do not need to strain (particularly if the procedure was done through the groin).

For the next week:

- Avoid more demanding physical activities such as gardening, golf or cycling.

Driving (DVLA requirements):

- On a Group 1 Licence, you must not drive if you have had a stent inserted for 1 week.
- If you have a Group 2 Licence, you must not drive if you had a stent inserted for 6 weeks and you must tell the DVLA.
- You may be uninsured if you drive before the restriction ends.

It is usual to need at least two days off work post cardiac catheterisation. However, this will depend upon your job and the procedure performed. Please ask the nursing team for advice.

Wound Care and Healing:

- Leave the plaster on for 24hrs.
- You may shower as normal but do not have a bath and avoid submerging the wrist into warm or hot water for the next three days.
- Avoid using any sprays, creams, lotions or powders around the site until it has completely healed.
- If the wound is painful, please manage it with over-the-counter painkillers, such as paracetamol, and rest.
- If you have had a closure device to your wound, such as an angioseal, you may notice a small lump present in the puncture site in the groin. It is important that you do not have a bath for at least 3 days. The angioseal will dissolve naturally over 90 days.

Bruising can get worse over the next few days and can take a few weeks to completely disappear.

- If the procedure was performed through the groin this may extend to the groin, thigh and leg, or abdomen.
- If the procedure was performed through the wrist this may occur in the wrist and arm.

Complications

- Please attend your GP if a lump or swelling appears at the wound site. This may indicate a collection of blood underneath the skin, which may not require further intervention but should be reviewed.

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- Please attend your GP if there are signs of infection in the wound, such as persistent redness, tender and/or discharge from the wound.

Circulation:

If you experience numbness, tingling, change of colour and/ or sensation in your leg or arm in which your procedure was performed once you return home, please attend your nearest A&E department for advice.

Bleeding:

- If your wound begins to ooze apply direct firm **uninterrupted** pressure onto the puncture site for 10 minutes. If it continues to ooze, starts again or if you are still concerned, please attend your nearest A&E department.
- If your wound is bleeding uncontrollably or there is a rapid increase in swelling of the area, apply firm direct pressure to the site and telephone 999 for an ambulance. If possible, keep the arm raised above your chest.
- Do not drive yourself to A&E.

The complication of severe bleeding is very rare.

Medication:

If there are any changes to be made to your medication because of your procedure, you and your GP will be informed.

If you take **anticoagulants** (blood thinners), you will be advised when to restart them.

If you have had stents inserted, you will need to continue to take **antiplatelets**. You will be informed how long to continue with these.

More information

If you have had stents inserted, you will receive more detailed help and information from the cardiac rehabilitation team.

If you have any concerns, please contact the appropriate ward or department:

Monday to Friday	7.00am – 5.00pm
Cardiology Day Case	01225825394
Cardiac Cath Lab	01225824326

Any time

Cardiac Ward	01225824422
CCU	01225825012

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.