

Discharge Information: After a Cardiac Catheter procedure or angiogram

What to expect when you are discharged from hospital/service

- Rest quietly on the day of your procedure.
- Check your puncture site/wound regularly.
- If you have had sedation avoid signing any legal documents for 24 hours.
- Unless on a fluid restriction, it is important to drink at least two litres of water following the procedure, to help protect your kidneys.
- If you are diabetic - stop taking your Metformin tablets for the next 2 days
- You may have some bruising/discomfort at the puncture site for a few days after the procedure. Take some simple pain relief as directed (i.e. Paracetamol). Avoid taking extra aspirin for pain.
- Do not shower the day of your procedure. You may shower the following morning.
- Remove the dressing the next day and leave the site clean, dry and open.
- No driving for a minimum of 48 hours following your procedure.
- No driving for a minimum of 2 weeks if you have had a heart attack. Your doctor will advise you further. (As per Department of Transport & Main Roads)

Procedure through your groin

For groin punctures support your groin with your hand when you cough, sneeze, or laugh, sit on or off the toilet (opening bowels), or when getting in and out of a chair, car or bed. Support the groin for three days following the procedure. No sports, strenuous activities (including sexual activity), gardening or heavy lifting for 1 week (lift nothing heavier than 2kg i.e. 2L milk carton).

Procedure through the radial artery in your arm

For radial arm punctures keep your arm in a sling, remove it and leave it off once you go to bed. The sling is to prevent you using your arm on the day of the procedure and then is no longer required the next day. No sports, strenuous activities (including sexual activity), gardening, or heavy lifting with that arm for 1 week (lift nothing heavier than 500gms)

Do:	Do not:
Check the wound site regularly for the first 3 days	Shower the day of your procedure
Remove dressing the day after procedure	Lift anything heavier than 2kg for groin puncture
Look for signs of infection	Lift anything heavier than 500g for radial arm puncture
Rest for one week – No strenuous activity	Do not sign any legal documents for 24 hours if you have had sedation during your procedure

Bleeding is a serious complication that can occur up to 7 days after the procedure. It can occur under the skin or leakage from the puncture site.

Haematoma is bleeding under the skin at the puncture site	• It may feel like a hard painful lump. • Nursing staff will teach you how to check your puncture site. • Apply firm pressure to your puncture site (over the dressing) for 10 minutes • Once the lump is soft, lie flat for a further hour and then gently mobilize again • You will need to check the area frequently.
Bleeding is leakage of blood from the puncture site	• It may feel warm and wet at the puncture site. • Apply firm pressure to your puncture site (over the dressing) for 10 minutes. • Once bleeding has stopped lie flat for a further hour and then gently mobilize again. • You will need to check the area frequently.

When and where to seek medical attention

If you are unable to stop the bleeding or the haematoma is expanding, continue applying pressure and call 000 immediately

- You MUST seek medical attention immediately if you have any decrease in sensation, change in colour or pins and needles in the limb where the procedure was performed.
- Please contact your GP or local hospital if any signs of infection are found. Signs of infection might include redness, heat around the area, ooze and temperatures.
- The GP will have access to the results of your procedure. Please see your GP if you have any questions, concerns or wish to discuss any changes in your medical treatment.

What do I need to know about going home?

Please make sure you:

- Understand your condition and test results
- Know what your ongoing treatment will be
- Ask for a medical certificate if needed
- Have a prescription if needed
- Have a letter for your GP
- Take all your belongings home with you

Who do you contact if you need further advice or help regarding this procedure?

The Prince Charles Hospital: Switch Board 3139 4000 (After Hours)

The Cardiac Investigations Unit: 3139 5377 (Monday - Friday 7am-10pm)