



# Post angiogram angioplasty radial access

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## About this leaflet

This purpose of this leaflet is to provide information on how to safely return to normal activity and reduce discomfort following your Angiogram or Angioplasty Procedure.

## Wound site

To undergo your Angiogram or Angioplasty procedure, you will have a small catheter inserted into your Radial Artery, located on your wrist. This will be removed at the end of your procedure.

- There may be some discomfort and/or bruising over the wound site. This should reduce over a few days. Paracetamol can be taken for any discomfort.
- If you have a dressing over the wound site, remove it 2 days post procedure.

## Physical instructions

- Do not lift, push or pull anything heavier than 5kgs in weight for 7 days post procedure.
- Do not put excessive pressure on the affected wrist for 7 days.
- You can start to take gentle exercise such as walking around the house/garden the day following your procedure.

## Driving

- If you have been treated for a heart attack, you cannot legally drive for 4 weeks.
- If you have had a diagnostic angiogram do not drive for 2 days post procedure.
- If you have had angioplasty do not drive for 7 days as per DVLA.

## Work

Do not return to work until 7 days post procedure. You may require up to 4 weeks off of work. Cardiac Rehab will advise further.

## Medications

Take your medication as prescribed. If there are any changes to your medication, nursing staff will advise you before you leave the department.

## Diet

Eat a light diet on the first day post procedure; resume a normal diet thereafter. Try to increase your fluid intake by 2 pints of water during the first 24 hours post procedure.

## Important information

If you experience severe pain, redness, warmth/coldness in your arm or if puss develops at the wound site – call your GP.

Excessive movement may increase the chances of bleeding from the wound site after the procedure. If this happens, apply firm pressure to the area. If the bleeding does not stop, continue to apply pressure and contact 999 to take you to your nearest emergency department.

## Contact

If you have any queries in the first 24 hours following discharge, contact the hospital on any of the following numbers:

Cardiac Day Unit	0141 951 5886
Coronary Care Unit	0141 951 5202
Cardiology Overnight Ward 2 East	0141 951 5250

For any other issues contact NHS 24 on 111 or speak to your GP.

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: **0141 951 5513**