



CORONARY ANGIOGRAM – POST PROCEDURAL CARE

- You will need an escorted transport from hospital (It is unsafe to go home alone by cab)
- Please ensure a friend or family member stays with you at home for the first night (This is important).

Femoral (groin) Angiogram Care	Radial (wrist) Angiogram Care
<ul style="list-style-type: none"> • Rest at home in bed or recliner chair for 24 hours. • Keep the bandaged hip as straight as you can. • Avoid shower for 24 hours. After 24 hours, the plastic dressing can be removed after showering. Do not scrub hard in the groin for a week. Dab dry (press lightly several times) the groin. • Do not bend or squat for 48 hours. • If you must use stairs, climb with your good leg, dragging the other one up to the step. • Press firmly on the bandage if you cough or sneeze for 48 hours. • Wear loose clothes and undergarments. 	<ul style="list-style-type: none"> • If a wrist puncture was done, use your arm sparingly for the next one to two days. • Do not flex (bend) the affected wrist for a minimum of 24 hours. • Avoid shower for 24 hours. After 24 hours the plastic dressing can be removed after showering. Do not scrub hard the affected wrist for a week. Dab dry wrist. • Do not use mobile phone or keyboard with affected wrist for 48 hours. • Do not eat with the affected hand for 24 hours. • Do not lift heavy weights for at least one week following the procedure.
<ul style="list-style-type: none"> • Avoid sports, gym, heavy work or lifting (>4 kg groin and >1 kg on the side of wrist angio) for 5 days. • Do not apply creams, lotions or ointment on the wound site. • Do not take a bath-tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure. 	

If you suffer bleeding from the puncture site after discharge

- Signs that you may be bleeding: obvious bleeding, enlarging lump at the puncture site, tightness, stinging, pain, warmth, wetness at the puncture site.
- If you are bleeding lie down immediately.
- The person assisting you should press firmly on the puncture site. Press approximately 1 inch (25mm) above the tiny hole on the skin in groin (Femoral angiogram) and about 2-3 mm above the tiny hole on the skin in wrist (Radial angiogram).
- Press hard enough to feel the heart beat under your fingers. Press for at-least 15 minutes.
- If significant bleeding persists after 15 minutes, you are feeling faint, dizzy or have intense pain; the person assisting you should call an ambulance. Press firmly on the puncture site until the ambulance arrives.

If you experience following during the week after your angiogram, contact the hospital right away...

- If you develop numbness, tingling, weakness, swelling, leg is too cold, too hot.
- If you have redness, fluid leaking out, feels like its burning where the needle went in

When can I drive after angiogram?

The NSW Roads and maritime services point out you do not drive vehicle for the following duration:

Procedure	Private vehicle drivers	Commercial vehicle drivers*
Coronary stent	2 days	4 weeks
Heart attack (Myocardial infarction)	2 weeks	4 weeks

*Commercial standards include - MR, HR, HC, MC license, carrier of public passenger (cab, uber-equivalent, bus, hire car), dangerous goods or driving instructor. This information was adapted from Table 5 on page 40 of "Assessing Fitness to Drive by NTC Australia, 2016. Amended Aug 2017". (Information correct at the time of writing this article in Jan 2021). I recommend you check with your local drivers licensing authority for updated information or further questions.

When can I return to work?

- This depends on your work type. Discuss with your cardiologist and employer.
- Most people can return to work within 1 to 2 weeks after an interventional procedure. If you had a heart attack, your recovery may take longer.
- You can ask for a sickness certificate to cover your time off work.