

Patient information

Femoral coronary angiogram - discharge advice

- Do not drive for 24 hours.
- Avoid heavy lifting and strenuous exercise for 48 hours following your procedure.
- If your groin bleeds, please do not panic, lie down flat and get someone to apply pressure to your groin until bleeding stops, this can take up to 10-15 minutes. If it continues to bleed ask someone to telephone 999 for medical assistance.
- You will have a small plaster over the incision site; this should be removed the day after the procedure.
- If an angioseal device was used to seal your wound, do not have a bath for four days post procedure (you may shower). If your groin received manual pressure to stop the bleeding, you may take a bath or shower the day after. Avoid putting talcum powder on or around the incision site until the wound has healed.
- It is common to have bruising to your groin and leg; sometimes this can spread to your abdomen.
- Two or three days following the procedure and up to a fortnight, you may notice a small pea or marble sized lump at the incision site, this is normal healing. If the lump is any bigger than this, or you experience any pain or redness around the area, please contact your GP.

Drug information

- If you take **Metformin** do not take for 48 hours following your angiogram
- If you take either **Warfarin, Apixaban, Dabigatran, Edoxaban or Rivaroxaban**

you may take your usual dose this evening, unless the doctor has instructed otherwise.

- If you take **Warfarin**, you need to make an appointment to have your INR checked at your usual anticoagulant in one week.

Dental care

If you have heart valve disease, it is vital to have dental checks six monthly and to keep your teeth and gums healthy. Please inform your dentist that you have heart disease, as you will need antibiotics for certain dental treatments.

If you have any queries after your discharge do not hesitate to contact the Cardiac Centre

Cardiac Day Unit Reception 01284 712759 / 712713

Cardiac Centre Ward 01284 713332

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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