

Patient information

Patient discharge instructions and information following Angioplasty/Angiogram

Please take the time to read the information in this leaflet; it will explain the discharge instructions and further information following your angiogram or angioplasty within radiology.

Once at home:

- Keep the puncture site clean and dry to prevent infection.
- Do not sit in a bathtub or pool of water for 5 days or until the wound has completely healed.
- Clean the area with soap and water and dry it after showering. Do not apply powders or lotions
- Inspect the puncture site daily for one week. It is common for a large soft bruise to appear around the groin and top of the leg, but this should reduce within a week.
- It is normal to feel mild tenderness in the groin.
- You may resume normal activity in 2 days, including driving, letting pain be your guide.
- Limit lifting over 4.5 kg for one week or until the wound heals.
- Drink plenty of fluid (water, tea, juice) in the first 24 hours unless you are on a restricted fluid intake. Avoid alcohol.

Notify a GP or NHS Direct if you experience the following in the first few days following your procedure:

- Significant/severe bleeding (Please see section Severe Bleeding)
- Fever (sweaty/shaky)
- The groin becomes very tender. If severe pain develops in the groin, lower stomach or lower back go directly to your Emergency Department.
- Redness or warm to touch around the puncture site.
- Sudden increase in pain, numbness, or weakness in the leg.
- Blood or pus oozing from the puncture site.
- If you are having difficulty or have not passed urine within 12 hours after the procedure, please seek urgent medical review.

Severe Bleeding

Severe bleeding means a continuing flow of blood from the puncture site or a hard/painful rapidly growing swelling under the skin near the puncture site. Severe bleeding from the puncture site is very rare once you have been discharged.

This is an emergency, and you would need to do the following:

- Immediately press firmly onto the groin site with your fist.
- Lie down on the floor – continue to apply pressure to your groin.
- Shout for someone to telephone 999
- Try to stay where you are and wait for the ambulance. If you have someone to help, get them to apply pressure to the puncture site.

It is advisable to keep a mobile phone with you in the unlikely event you need to telephone for help.

Discharge Instructions for Patients with a Perclose Pro-style Suture.

If a Perclose Suture was used to close the femoral access site you will have been provided with an implant leaflet.

This is because the suture does not dissolve and it is important you are able to let any Doctors know where the suture is if you require further angioplasty procedures.

Medication Advice

- Warfarin – you will need to seek advice from your anticoagulant team regarding restarting your warfarin but aim to restart this 12-24 hour after your procedure.
- Apixaban/Rivaroxaban/Edoxaban – restart 2 days after your procedure.

Please restart any other medication we have asked you to stop the day after your procedure.

If you have any queries or, please contact the Radiology Nursing Team on **01284 713095** between 9am and 5pm Monday to Friday or contact your own GP.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>

