

After a coronary angiogram

Discharge information for patients with a normal result

Puncture site <input type="checkbox"/> Wrist <input type="checkbox"/> Groin	<ul style="list-style-type: none"> - Remove the dressing the day after your procedure. No new dressing is required. - Do not apply any creams, powders or lotions to the area. - Check your puncture site every day for signs of infection (redness, heat, mucky discharge) and notify your GP if these occur. - If you have pain at the puncture site, you can take Panadol for this (always follow instructions on the packaging).
In case of bleeding or swelling at the puncture site	<p>If you notice a lump or bleeding at the puncture site:</p> <ul style="list-style-type: none"> - Sit or lie down. Apply firm pressure to the puncture site that is bleeding, and maintain that pressure for 10 minutes after the bleeding has stopped. On the wrist place 3 fingers over your wrist. For the groin place a fist to your groin. - Once the bleeding has stopped, avoid walking for 2 hours and sit with your feet up to allow a clot to form. - If bleeding does not stop, or the swelling increases, call an ambulance on 000.
General Practitioner	<ul style="list-style-type: none"> - See your GP within 5 to 7 days after you leave hospital. - All relevant information, including test results, medication changes, and a discharge summary, will be forwarded to your GP. - Make sure your GP assesses your puncture site (wrist or groin), blood pressure and heart rate. - If you feel dizzy, lightheaded or have any pain, make an appointment to have your blood pressure checked as soon as you can. This is especially important if you are taking new medication.
Medications	<ul style="list-style-type: none"> - Your medication regime may have changed. - You will be given medication by our pharmacy before you are discharged. Refer to the medicine information sheet for further instructions.

Turn over for important information about physical activity, returning to work, driving, and smoking.

Activity	<ul style="list-style-type: none"> - NO heavy lifting or straining for 1 week – this includes heavy housework like vacuuming, mowing the lawn, or carrying the groceries. - Be physically active. Aim to do at least 30 minutes of moderate-intensity physical activity on most days of the week.
Returning to work	<ul style="list-style-type: none"> - The doctors will tell you the date you can return to work. - It is usually 1 to 3 weeks after the procedure. If you need a medical certificate, please ask for one.
Driving	<ul style="list-style-type: none"> - You must not drive a vehicle for 48 hours.
Smoking	<ul style="list-style-type: none"> - If you smoke cigarettes you are STRONGLY encouraged to QUIT. Quitting reduces the risk of further heart disease, reduces the chance of developing cancers, improves blood pressure and lung function, and will save you money.

If you have any questions, do not hesitate to ask the nurse looking after you before you leave. We are happy to answer any questions you may have.

Useful phone numbers and websites

Quitline 13 78 48 www.quit.org.au	National Heart Foundation 1300 365 787 www.heartfoundation.org.au	beyondblue 1300 224 636 www.beyondblue.org.au	St Vincent's Hospital (03) 9231 2211 www.svhm.org.au
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