

After a coronary angiogram

Discharge information for patients with coronary artery disease

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| <p>Puncture site</p> <p><input type="checkbox"/> Wrist</p> <p><input type="checkbox"/> Groin</p> | <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). |
| <p>In case of bleeding or swelling at the puncture site</p> | <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. |
| <p>General Practitioner appointment</p> | <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. |
| <p>Chest pain</p> | <ul style="list-style-type: none"> - If you experience chest pain, follow 'the chest pain action plan' on page 9 of the <i>My heart, my life</i> booklet or refer to the 'will you recognise your heart attack?' magnet in the back of <i>My heart, my life</i>. - You will be provided with GTN (Anginine) spray or tablets before you are discharged. The pharmacist will tell you how to use them. |
| <p>Cardiology appointment</p> | <ul style="list-style-type: none"> - Your follow-up appointment will be discussed with you before you are discharged. You may be given the appointment before you leave, or the details may be posted to you, or you may be asked to book the appointment yourself. - The follow-up appointment with the cardiologist should be within 4 to 6 weeks of discharge. |

Turn over for important information about medications, activity, returning to work, driving, diet, smoking, cardiac rehabilitation and caring for your mental health.

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| 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. – If you have started taking one of the following medications, keep taking aspirin and DO NOT stop these medications unless your cardiologist tells you to: Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient). |
| 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. – You should build up your activity gradually and follow the walking guideline outlined in <i>My heart, my life</i>, from page 58. – Approach your return to sexual activity the same as any other activity and pace yourself. Refer to page 61 of <i>My heart, my life</i> for more information. |
| Returning to work | <ul style="list-style-type: none"> – This will depend on the reason you had the angiogram, what intervention you had done, and your occupation. – 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"> – Driving restrictions vary depending on why you had the angiogram and what intervention you had done. Please check with your nurse and see below. – If you drive using a commercial heavy vehicle licence, you will have further driving restrictions. Please speak to the doctors about this. <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>You are strictly not to drive for:</p> </div> |
| Diet | <ul style="list-style-type: none"> – Eat food and meals that are low in fat and salt. You can find more tips about diet in <i>My heart, my life</i>, from page 34. |
| 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. |
| Cardiac rehabilitation | <ul style="list-style-type: none"> – Cardiac rehabilitation is a HIGHLY recommended outpatient program. It is tailored to educate you about your heart and help you manage your heart disease and risk factors. For more information see pages 25-26 of <i>My heart, my life</i>. – You will be contacted in 3-4 weeks by phone or mail about your referral. Please contact your GP with any cardiac rehabilitation referral concerns. |
| Mental health | <ul style="list-style-type: none"> – Depression and heart disease are common diseases that often occur together. Depression and/or flat moods can affect the recovery of people with heart disease and increase their risk of further heart problems. Please see pages 76-81 of <i>My heart, my life</i> for further information. – Consult your GP if you have any concerns regarding depression or anxiety. |

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:

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| 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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