

Discharge information for patients post Coronary Angiogram

<p>Day of discharge</p>	<ul style="list-style-type: none"> ○ When discharged from hospital you should go to your accommodation and rest to minimize the risk of problems with your procedural site. ○ You must have a friend or relative stay with you overnight in case you need assistance. ○ You should stay in a location where you have access to a hospital with an emergency department open overnight. ○ Please note you have received a sedative drug which may impair your judgement over the next 24 hours. Therefore, you should not drive a vehicle, operate heavy machinery, or sign a legally binding document during this time. ○ You may eat and drink as normal. No alcohol until the following day.
<p>Care of the puncture site</p>	<ul style="list-style-type: none"> ○ No heavy lifting or straining for 72 hours post the procedure. This includes heavy housework like vacuuming, mowing the lawn or carrying the groceries. ○ No driving for 48 hours ○ Do not try to wash off the Betadine stain around the puncture site as you could dislodge the clot that has formed and cause bleeding. ○ Do not have a hot shower until the day after the procedure, preferably in the evening. ○ You may get a dull ache around the puncture site and Paracetamol can be taken for this. □ Groin <ul style="list-style-type: none"> - If your home has stairs, limit the use of them, as this will put pressure on the groin puncture site. - Do not lift anything heavier than 5kg for 72 hours after the procedure. □ Wrist <ul style="list-style-type: none"> - Do not lift anything heavier than 2kg for 72 hours
<p>In case of bleeding or swelling at the puncture site</p>	<ul style="list-style-type: none"> ○ For the groin, lie down immediately and ask for assistance from a nearby person. ○ For the wrist, sit down immediately and raise your arm above your heart. ○ Apply firm pressure with fingers to the bleeding or swelling and maintain pressure until the bleeding has stopped or the swelling has softened and continue to hold pressure for 10 minutes.

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	<ul style="list-style-type: none"> ○ Avoid any activity on the affected limb for 2 hours <p>If the bleeding does not stop or the swelling worsens, call an ambulance on 000</p>
Follow-up	<ul style="list-style-type: none"> □ Referring Cardiologist / General Practitioner: <ul style="list-style-type: none"> - Make an appointment to see your referring doctor in approximately 4 to 6 weeks' time. Test results will be forwarded to them.

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

Cardiac Investigation Unit phone number: - (03) 9231 3000