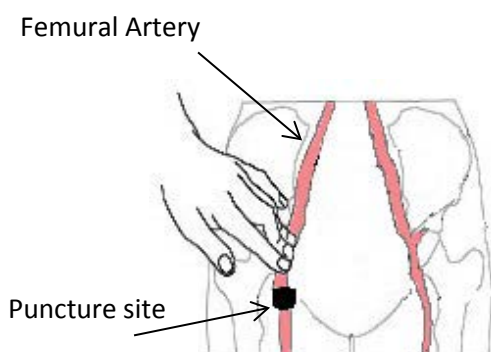


DISCHARGE ADVICE FOR PATIENTS FOLLOWING A FEMORAL ANGIOGRAM

URGENT Adverse features	What to do?
If the wound bleeds or swells to the size of an egg	<ul style="list-style-type: none"> • Call for help • Lie down flat and press firmly 2-3 above the waterproof dressing (like the picture shows below). • When help arrives, they should call 999 for an ambulance to take you to your nearest A&E and say that you have had an Angiogram recently and you are bleeding from your wound. • Your helper should then push, as hard as he can just above the waterproof dressing until the ambulance crew arrives.
If you have continuous pins and needles, numbness or If your leg/ foot becomes cold, painful or blue call 999 for an ambulance and go immediately to your nearest A&E.	
Wound red, swollen or weeps, looks infected If a small lump appears some days after the procedure	If the wound has these characteristics, please ring us on 01202 291 866 and ask to speak to a cardiology nurse or to the nurse in charge for advice.
Chest pain	If you experience chest pain or pain similar to you angina pain, use your GTN medicine prescribed. If the GTN does not relieve pain dial 999 for an Ambulance and go to the nearest A&E .

NORMAL Adverse features	What to do?
Leg Ache	If your leg should ache take paracetamol 1000 mg tablets 6-8 hourly if required (no more than 4 tablets in 24h).
Bruising	Bruising 2-5 cm around the wound site is normal. If it feels hard or extends larger please call the hospital and ask to speak with a cardiology nurse or the nurse in charge for advice.
Headache and visual disturbances	These are common side effects of the dye and will be alleviated by taking more fluids. See the "ADVICE" table on "Drink Liquids".
Angiogram with Angio seal	<p>If you have had an Angioseal inserted into the blood vessel at the top of your leg (the nurse will inform you of this), you may feel a small pea sized lump in your groin. This is normal and will slowly disperse within 90 days.</p> <p>If the lump swells suddenly, follow the instructions on the picture below. If the swelling is minimal, red or sore, please call us for advice.</p>



If you have any bleeding at the puncture site:

1. Call for help – this person should call 999.
2. Lie down flat;
3. With 3 fingers apply firm pressure 2-3 cm above the waterproof dressing;
4. If you get tired ask someone to do this for you.
5. Maintain continuous pressure for at least 10min or until the ambulance arrives.
6. If after 10min the bleeding appears to have stopped, release the pressure slightly and wait for the ambulance to arrive. If bleeding restarts apply firm pressure as above.

ADVICE

When you get home you should rest for the remainder of the day.

Use of the affected limb	<p>Take it easy for the next 3 days after the procedure.</p> <p>Minimise bending your leg. Support the wound with your hand if you need to laugh, sneeze or cough.</p> <p>No heavy lifting or strenuous exercise. Avoid standing for long periods until the area has healed and feels comfortable, e.g. do not climb stairs 2 at a time, ride a bike, dig the garden or play sports for at least 5 days after the procedure.</p>
Drink Liquids	<p>Drink at least 2 litres of water /tea/coffee to flush the dye out of your body. It is important to you to continue to drink fluids to flush the dye out of your body as quickly as possible. Frequent sips are better than gulping the water down. The dye is clear and will not be seen in urine.</p>
Bath and wetting the wound	<p>Do NOT have a bath, swim for 3 or 4 days until your wound has healed.</p> <p>You can have a shower. Do NOT have the water too hot or scrub the wound, pat dry.</p>
Dressing	<p>The waterproof dressing can be removed after 24h. Keep the area clean and dry.</p>
Driving	<p>Do NOT drive for 2 days after the procedure (not including the day of the procedure). Sudden braking can cause your wound to bleed.</p>
Returning to work	<p>Do not return to work until you have been advised to do so by your doctor (usually 48h). If you have a physical job, please do NOT return to work for 5 days. We can give you a sick certificate if required.</p>
Medication post-procedure	<p>It is important to take all your medication as prescribed. Please do not run out of medication or stop it without medical advice. Stopping may result in the stent blocking off.</p>

If you have any further worries or questions don't hesitate to contact the Hospital for advice on **01202 291 866** and ask to speak with a cardiology nurse or the nurse in charge.

Your consultant will advise you regarding any follow up appointments, either before you leave or via his/her secretary.

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