

DISCHARGE ADVICE FOR PATIENTS FOLLOWING A RADIAL ANGIOGRAM

URGENT Adverse features	What to do?
If any bleeding occurs at home, apply 3 fingers to the wound site (like the picture shows below). If severe bleeding occurs do not hesitate to dial 999.	
<p>If the wound swells and bleeds severely</p> <p>And/or</p> <p>A Lump the size of an egg appears on your arm</p>	<ul style="list-style-type: none"> • Call for help, put your arm up and press firmly over the waterproof dressing (like the picture shows below) or over the lump. • 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. • Keep pressing firmly just above the waterproof dressing until the ambulance crew arrives. • Remember the healthcare team they should not measure your blood pressure on the affected limb.
If you have continuous pins and needles, numbness or If your arm becomes cold, painful or blue call 999 for an ambulance and go immediately to your nearest A&E.	
<p>If you have a small bleed or swell on the wound</p> <p>Small lump appears</p>	<ul style="list-style-type: none"> • Call for help, put your arm up and Keep pressing firmly just above the waterproof dressing (like the picture shows below). • When help arrives, your helper should call the hospital 01202 291 866 and ask to speak with a cardiology nurse or 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.
<p>Wound red, swollen or weeps, looks infected</p> <p>If a small lump appears some days after the procedure</p>	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.

NORMAL Adverse features	What to do?
Arm Pain	If your arm should ache take paracetamol 1000 mg tablets 6-8 hourly if required (no more than 4 tablets in 24h).
Bruising	Bruising around the wound site is normal. If it becomes swollen/hard or extends towards your elbow please call the hospital and ask 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".



If have any bleeding occurs:

1. Call for help;
2. Put your arm up;
3. Choose one of the positions and with 3 fingers make hard pressure above the waterproof dressing;
4. If you get tired ask someone to do this for you.

ADVICE When you get home you need to rest.	
Use of the affected limb	Try NOT to use your affected hand to eat and drink or to push or pull for 24h. No bending, no lifting, no carrying any bags with the affected arm. You will need assistance to put on shoes, socks, pants etc. Avoid strenuous exercise, i.e., riding a bike, digging the garden or playing sports for at least 5 days after the procedure.
Drink Liquids	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.
Bath and wetting the wound	Do NOT have a bath, swim or wash up for 3 days following the procedure as the site needs to be kept dry for this time. You can have a shower. Do NOT have the water too hot or scrub the wound, pat dry.
Dressing	The waterproof dressing can be removed after 24h . Keep the area clean and dry.
Driving	Do NOT drive for 2 days after your procedure.
Returning to work	Return to work after 48h or until you have been advised to do so by your doctor.
Medication post-procedure	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.

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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