



Discharge information following coronary angiogram procedure

- Rest quietly on the day of your procedure.
- Unless on a fluid restriction, it is important after discharge to continue to drink at least two litres of water for the day to flush out dye.
- No driving today or tomorrow. No driving for a minimum of 2 weeks if you have had a heart attack. Your GP will advise you further.
- No sports, strenuous activities, heavy lifting (heavier than 2L milk), or gardening for a week.
- For groin punctures, support your groin when you cough, sneeze, or laugh, move your bowels, or when getting in and out of a chair, car or bed.
- You may have some bruising/discomfort at the puncture site for a few days after the procedure. Take some simple pain relief as directed (not aspirin).
- When you go home, you are still at risk of bleeding or developing a haematoma for five to seven days until the puncture site has healed.
- A haematoma is bleeding from the puncture site under the skin and appears as a hard lump that is painful to touch.
- You need to check your puncture site regularly. If bleeding/haematoma occurs, apply pressure to the site for 10 minutes.
- If after 10 minutes the bleeding or the haematoma has gone, lie flat for another hour and take it easy for the rest of the day. You need to be reviewed by your GP as soon as possible.
- If you are unable to stop the bleeding, continue applying pressure and call 000 IMMEDIATELY.
- If the haematoma is still present, seek medical attention/GP IMMEDIATELY.
- Do not shower the day of your procedure. You may shower the following morning.
- Remove the band aid the next day as this can become a source of infection. There is no need to apply another dressing.
- Signs of infection include redness, heat around the area, ooze and temperatures.
- You MUST seek medical attention/GP IMMEDIATELY if signs of infection are found.
- If you have any change or decrease in sensation, or pins and needles in the limb where the procedure was performed, you must seek medical attention/GP IMMEDIATELY.
- See your GP within 5 days after discharge. Give them your procedure report and discuss any changes in your medical treatment.