

After My Coronary Angiogram/Stent or Cardiac Procedure

Date: _____

Doctor who performed my procedure: _____

For my safety:

- a responsible adult should drive me home.
- a responsible adult should remain with me for the next 24 hours.

For the rest of today:

- I should not drink any alcohol.
- I should not take any sedatives or sleep medications.
- I must not drive a car.
- I must not operate heavy machinery.

Work:

- In general, I will be able to go back to work or resume full activity in 4 to 5 days.
- If my work involves heavy physical activity, I may require a longer period to recover. I should ask my cardiologist when I can resume work.

Driving:

- No driving for 24 hrs minimum. This time may be extended depending on my diagnosis. If I am admitted to hospital overnight or longer, or drive commercially, I must follow my discharge driving instructions or refer to Road Safety BC guidelines.

Follow-up plans:

- I should make an appointment to see my family doctor in one week.
- I should make an appointment to see my cardiologist or referring physician in one (1) month.

Before I leave the hospital today, I should make sure I have the following with me:

- Heart diagram (CARAT).
- Living Well with Heart Disease book (if required).
- Requisition for bloodwork (my nurse will let me know if I need this).
- Referral for cardiac rehab (if required)
- IF I HAD A STENT or I NEED MEDICATION: prescription and information sheet about ticagrelor or clopidigrel.

Anti-platelet medication:

- **I MUST NOT STOP aspirin** without asking my cardiologist.
- **I MUST NOT STOP clopidogrel or ticagrelor** before my prescription is finished without asking my cardiologist.

Caring For My Wound

If the procedure was through my groin:

- I must not sit at a 90 degree angle for more than one (1) hour at a time during the first day at home.
- If I have to travel for a long period, I should recline the seat back, if possible.
- I should keep the bandage dry. I can remove the bandage 24 hours after my procedure.
- I may shower 24 hours after my procedure. I should avoid sitting in the bath tub or a hot tub for seven (7) days.
- I must not lift, push, or pull anything over 10 pounds (5 kilograms) such as a child, bags of groceries, or laundry baskets for seven (7) days.
- I should avoid strenuous activities. I can return to my regular exercise in one (1) week.

I must watch for bleeding from my groin

Signs that I may have bleeding are:

- blood on the bandage
- A lump that becomes bigger or harder (a soft lump or bruising around the puncture site or down the leg is normal).
- pain in the groin.

If I have bleeding I must:

- lie down.
- ask someone to press down hard for 15 minutes just above where the puncture was.

They must not stop pressing for 15 minutes.

If the bleeding stops after 15 minutes, apply a bandage and remain lying down for two hours before getting up.

If I am alone and have bleeding and cannot press the puncture site myself, I must call 9-1-1.

If the bleeding from my groin does not stop after 15 minutes, call 9-1-1 (even if there is someone there with me).

If the procedure was through my wrist:

- I must keep my wrist as straight as I can for 6 hours.
- I should keep the bandage dry. I can remove the bandage 24 hours after my procedure.
- I may shower 24 hours after the procedure.
- I must not do any lifting, sports, or heavy work with that arm for two (2) days.

I must watch for bleeding at my wrist.

Signs that I may have bleeding are:

- blood on the bandage, or
- swelling, stinging, or pain in the wrist or arm where the procedure was performed.

If I have bleeding or swelling I must:

- take off the bandage
- use my other hand and press hard on the puncture site for 15 minutes. Someone else can do the pressing if I cannot.
- not stop pressing for 15 minutes.

If the bleeding or swelling stops, place a bandage over the puncture site.

If there is still bleeding, or if the swelling is getting bigger or harder, I must reposition my hand on the puncture site, keep on pressing and call 9-1-1.

I must go to the nearest hospital right away if I have any of the following symptoms in my arm or wrist:

- numbness or tingling, or
- pain with swelling & redness, or
- a very hot arm, or fingers that are cold or pale

This material has been reviewed and approved by patients, families and staff.



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The information in this document is intended solely for the person to whom it was given by the health care team.