

Going Home after an Angiogram

Vancouver General Hospital

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Vancouver BC V5Z 1M9
Tel: 604-875-4111

Lions Gate Hospital

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North Vancouver BC V7L 2L7
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Heart Centre

St. Paul's Hospital
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Vancouver BC V6Z 1Y6
Tel: 604-682-2344

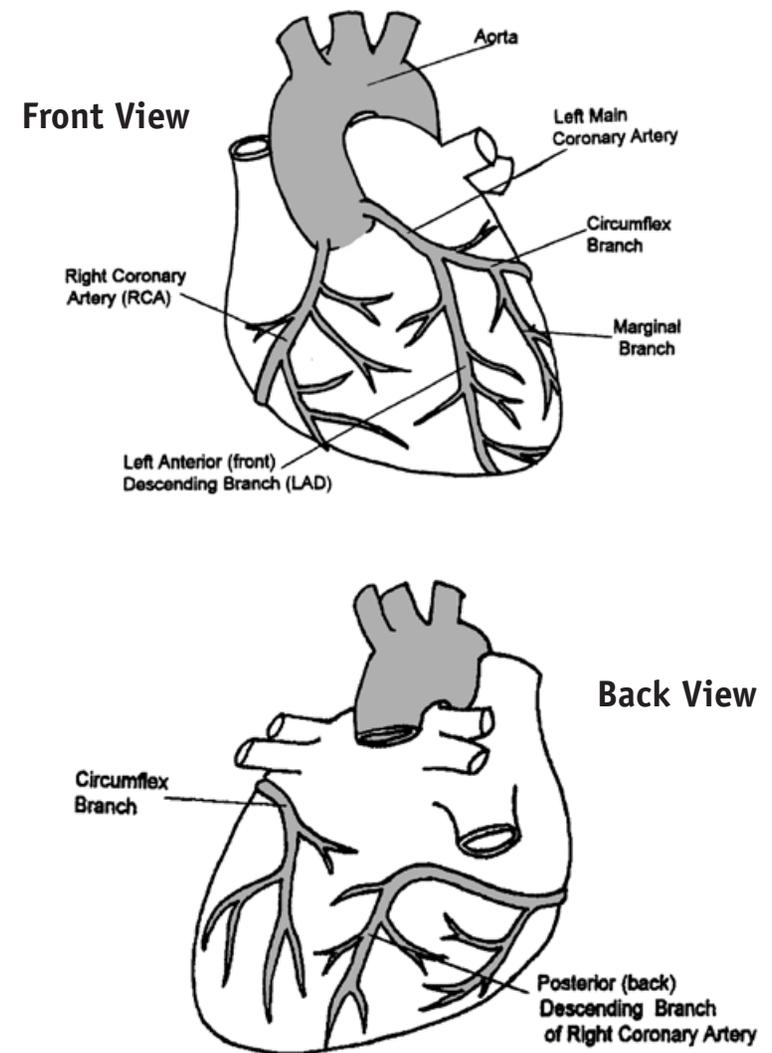


How you want to be treated.

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The Heart and Coronary Arteries



Discharge Instructions

1. You must make follow up appointments with your:
 - a) Family Doctor in one week: _____
 - b) Your referring Cardiologist or specialist in one month: _____
2. Ask your family doctor about your return to work
3. The BC Motor Vehicle Act has regulations about driving for heart patients. Ask your family doctor and see page 6.

Refer to the centre page for your medication calendar.

Dressing Care

- ◆ You may remove the bandage 1 day after your angiogram.
- ◆ You may shower 1 day after your angiogram.
- ◆ **Do Not** sit upright for more than 1 hour at a time during the first day at home.
- ◆ If traveling for long periods, stretch your legs out and get up and walk every hour during the first day going home.
- ◆ You may see a hematoma (soft lump or bruise) around the hole or even down the leg where the angiogram was done. **This is normal.**
- ◆ **It is Not Normal** when the hematoma suddenly gets bigger or harder. This means you are bleeding. If this should happen you must:
 - Lie down
 - Ask someone to **Press Down Hard for 15 Minutes** just above the hole where the PCI was done.
 - You will know if you are doing this right if the hematoma does not get bigger or harder.
 - **Do Not Stop** pressing to check under your fingers during the first 15 minutes.
 - If the bleeding has stopped after 15 minutes, **rest and lie down for 2 more hours** before getting up.

IMPORTANT:

**If the bleeding does not stop after 15 minutes,
Call 911**

for an ambulance to take you to the hospital.

Medications

For your safety, we recommend that you:

- ◆ **Know** the names, doses and how often you take all the medications prescribed to you by your doctor.
- ◆ **Know Why** you are taking all your medications.
- ◆ **Always** bring a current list of your medications and the correct pill bottles each time you go to the hospital.
- ◆ **Talk** with your doctor before taking any herbal supplements.

Your community pharmacist is a good resource for more information

See the centre pull-out for your medication calendar.

Some Common Types of Cardiac Medications

- ◆ **ACE Inhibitor:** Lowers blood pressure, improves heart function, reduces risk of heart attacks and prolongs life. For example: captopril (Capoten®), enalapril (Vasotec®), ramipril (Altace®).
- ◆ **Anticoagulant** (“blood thinner”): Prevents clots in blood vessels and many other conditions, reduces risk of heart attacks and prolongs life. For example: warfarin (Coumadin®).
- ◆ **Antiplatelet** (“blood thinner”): Prevents clots in blood vessels, reduces risk of heart attacks, prevents clots in newly placed stents and prolongs life.

For example: Aspirin, clopidogrel (Plavix®), and prasugrel (Effient®).

- **Do Not Stop** Aspirin without asking your cardiologist.
- **Do Not Stop** clopidogrel (Plavix®) or prasugrel (Effient®) before your prescription is finished without asking your cardiologist.

- ◆ **Angiotensin Receptor Blocker (ARB):** Lowers blood pressure, improves heart function and can be used as a substitute for ACE Inhibitors. For example: candesartan (Atacand®), losartan (Cozaar®) and valsartan (Diovan®).
- ◆ **Beta Blocker:** Lowers blood pressure and heart rate, reduces angina, improves heart function, reduces risk of heart attacks and prolongs life. For example: bisoprolol, atenolol (Tenormin®) and metoprolol
- ◆ **Calcium Channel Blocker:** Treats angina, lowers blood pressure and can be used to control heart rate. For example: amlodipine (Norvasc®), diltiazem (Cardizem®), nifedipine (Adalat®), verapamil (Isoptin®) and felodipine (Renedil®).
- ◆ **Lipid Lowering Agent:** (“statin”) Lowers cholesterol and other fats in the blood, reduces risk of heart attacks and prolongs life. For example: atorvastatin (Lipitor®), lovastatin (Mevacor®), pravastatin (Pravachol®) and simvastatin (Zocor®).

Exercise Guidelines

- ◆ During the initial period after the procedure, common sense and moderation are recommended.
- ◆ **No** heavy activities for **2 Days**. For example:
 - **Do Not** lift, push or pull anything that weighs more than 10 pounds (e.g. heavy laundry, groceries or a golf cart).
 - **Do Not** exercise aggressively, golf, vacuum, mow or rake lawns, or move furniture.
- ◆ Afterwards, it is important for you to do moderate exercise for 30 minutes or more, 5 times a week. This will strengthen your heart.
- ◆ See page 9 or go to www.heartbc.ca to find a cardiac exercise program near you.

Driving

- ◆ **Ask Your Cardiologist when you can resume driving/flying privately or commercially and/or operating heavy equipment.**
- ◆ We recommend that someone accompany you home on the day of discharge.
- ◆ **Avoid** stressful situations that may increase your blood pressure. For example, driving at night and during rush hour traffic.
- ◆ Aim for a goal of 24 blocks out and 24 blocks in, about 36 minutes each way.

Returning to Work

- ◆ Your return date will depend on whether you have had a heart attack, any complications, the type of work you do, your age and your overall physical stamina. Ask your family doctor about the specific date.

Cholesterol and Diet

- ◆ The amount of cholesterol in your blood is affected by many factors.
- ◆ The **total fat in food** has **more of an effect on blood cholesterol** than cholesterol in food.
- ◆ The following **6 steps to heart healthy eating** are important to helping you control your weight and lower your blood cholesterol:

To begin, start at step 1. As you complete each step, add another step. Continue until you have included all 6 steps in your heart healthy eating!

- **Step 1:** Reduce all added fats.
 - **Step 2:** Eat more whole grain products.
 - **Step 3:** Eat more vegetables and fruit.
 - **Step 4:** Choose lower fat milk products.
 - **Step 5:** Select smaller, leaner portions of meat and alternatives. Eat more fish.
 - **Step 6:** Limit high fat snacks and desserts
 - **Success!** You did it! Having a heart healthy diet will help you keep your weight in a healthy range. This in turn will help your heart.
- ◆ **Reduce** your salt intake. Added salt increases water retention in your body, increases your blood pressure and increases the amount of work on your heart.

Smoking

- ◆ You should stop smoking.
- ◆ Smoking causes all your heart and brain arteries to narrow. This **increases the risk of a heart attack and/or stroke**.
- ◆ You do not have to struggle on your own.
- ◆ Think about a stop-smoking program. Ask your doctors or nurses to learn more about this.

Alcohol

If you drink:

- ◆ For men, no more than 2 drinks a day.
- ◆ For women, no more than 1 drink a day.

Some Common Feelings

Sometimes people with heart conditions feel sad, down, or just not interested in life. Sometimes they feel anxious or nervous.

If you are bothered by these feelings, call your family doctor. Help is available. Your overall health and your heart health will improve if you get help.

Community and other Resources

- ◆ If you were not exercising before, walk daily with a gradual increase in distance and speed. An example of a walking schedule is:

Day	Blocks Out	Blocks In	Total Blocks
1	1/2	1/2	1
2	1	1	2
3	1 1/2	1 1/2	3
4	2	2	4
5	2 1/2	2 1/2	5
6	3	3	6
7	3 1/2	3 1/2	7
8	4	4	8
9	4 1/2	4 1/2	9
10	5	5	10

- ◆ Aim for a goal of 24 blocks out and 24 blocks in, about 36 minutes each way.

Cardiac Education

- ◆ **Heart and Stroke Foundation of Canada**
www.heartandstroke.ca
(also follow links to BC & Yukon section for local programs)
1-888-473-4636
- ◆ **Vancouver General Hospital**
Cardiac Rehabilitation and Risk Factor Management
Gordon and Leslie Diamond Health Care Centre
604-875-5389
- ◆ **Vancouver General Hospital**
Leslie Diamond Women's Heart Health Clinic
604-875-5389

- ◆ **St. Paul's Hospital Heart Centre**
www.providencehealthcare.com/info_services_health_cardiac.html
- ◆ **St. Paul's Hospital Healthy Heart Program**
www.healthyheart.org
604-806-8591
- ◆ **www.heartbc.ca**
follow link to "Community Heart Health Database"
- ◆ **Diagnostic Tests, Procedures, Surgery and other Treatments for Heart Disease**
http://www.heart.org/HEARTORG/Conditions/HeartAttack/
There is a great section for caregivers
- ◆ **Heartsite.com**
www.heartsite.com
Contains information, especially animations describing circulation, different tests and cardiac procedures.
- ◆ **Intellihealth**
www.intellihealth.com
Wide-ranging information on many health topics.

Nutrition for a Healthy Heart

- ◆ **Canada's Food Guide**
www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html
Meal planning to eat heart healthy and risk factors of heart disease.
- ◆ **HealthLink BC**
www.healthlink.bc.ca
8-1-1
For deaf and hearing-impaired assistance (TTY) 7-1-1
Speak with a dietitian. Services available in 130 languages

- ◆ **Dietitians of Canada**
www.dietitians.ca
Source of information on food and nutrition for Canadians.
- ◆ **Healthcheck**
www.healthcheck.org
This is a program that will help you make wise food choices while grocery shopping (based on Canada's Food Guide to Health Eating).
- ◆ **Becel Canada**
www.becelcanada.com
1-800-563-5574
Meal planning to eat heart healthy and risk factors of heart disease.

Stop Smoking

- ◆ **B.C. Lung Association: Freedom from Smoking**
www.bc.lung.ca
604-731-5864 or 1-800-665-5864
- ◆ **Canadian Lung Association**
1-888-566-5864
www.lung.ca
- ◆ **Quit Now By Phone**
1-877-455-2233
24 hours/day, 100 languages spoken
A confidential, FREE-of-charge, helpline, available 24/7 staffed by specially trained registered nurses who are there to listen and provide support and guidance.
- ◆ **Vancouver Coastal Health Authority**
www.vch.ca/your_health/health_topics/smoking_cessation
- ◆ **B.C. Lung Association: Quit Now**
http://bc.quitnet.com

- ◆ St. Paul's Hospital Healthy Heart (Smoking Cessation) Program
604-806-8591
- ◆ Health Canada: Go Smoke Free
www.hc-sc.gc.ca
1-866-318-1116
The facts about health effects, second hand smoke, toxic emissions, quitting and the tobacco industry.
- ◆ Chinese Stop Smoking Helpline
1-888-566-5864
Mandarin and Cantonese service
- ◆ Canadian Cancer Society: Fresh Start
1-888-939-3333
www.cancer.ca
- ◆ Chronic Disease Self-Management Program
Learn new skills to help you manage your condition
1-866-902-3767
www.coag.uvic.ca/cdsmp
Lifeline Program
www.bclifeline.com
1-800-LIFELINE
A personal response system which link you to 24 hour assistance at a push of a button.
- ◆ Medic Alert
www.medicalert.ca
1-800-668-1507
Identification worn to alert health care professionals of any medical problems that should be known in an emergency.

Stress Management

- ◆ Canadian Mental Health Association
<http://richmond.cmha.bc.ca>
604-276-8834

Other Important Links

- ◆ Canadian Diabetes Association
www.diabetes.ca
- ◆ Caregiver Network Inc.
www.caregiver.on.ca
A resource centre created to help make caregivers' lives easier.

Guidelines for Determining Medical Fitness to Drive a Motor Vehicle
www.drivesafe.com

Medication Calendar for: _____ Date: _____ Completed By: _____

** Always bring a current list of your pills with the **Original Pill Bottles** to the hospital**
 Talk to your doctor before taking any herbal supplements

MEDICATION NAME	DOSE	BREAKFAST	LUNCH	DINNER	BEDTIME	COMMENTS AND INSTRUCTIONS	LAST DOSE TAKEN AT
	____ mg ____ a Day					ACE Inhibitor: Lowers blood pressure, improves heart function, reduces risk of heart attacks and prolongs life.	
Warfarin (Coumadin®, Apo-Warfarin®, Taro-Warfarin®, Gen-Warfarin®)	____ mg Once a day Or as directed by your doctor					Anticoagulant: Prevents clots in many conditions. Your dose may change according to your blood test (INR). Warfarin Is Not a substitute for Aspirin (ASA®) or Clopidogrel (Plavix®). Your target INR is between: _____	
Aspirin (ASA®) <input type="checkbox"/> Enteric Coated <input type="checkbox"/> Plain	____ mg Once a Day					Antiplatelet: Prevents clots in blood vessels, reduces risk of heart attacks and prolongs life. Do Not Stop without asking your cardiologist. *Take ____ mg for ____ then *Take ____ mg for ____.	
	____ mg ____ a Day					ARB (Angiotensin Receptor Blocker): Lowers blood pressure, improves heart function and can be used as a substitute for ACE Inhibitors.	
	____ mg ____ a Day					Beta Blocker: Lowers blood pressure and heart rate, treats angina, improves heart function, reduces risk of heart attack and prolongs life.	
	____ mg ____ a Day					Calcium Channel Blocker: Prevents angina, lowers blood pressure and can be used to control heart rate.	
	____ mg Once a Day					Lipid Lowering Agent: Lowers cholesterol and other fats in the blood, reduces risk of heart attacks and prolongs life.	

*** Nitroglycerin 0.4mg Spray – spray once under the tongue only when needed for angina. ***
 ** May repeat one spray after 5 minutes. If angina is still present, call 911. **

