

## Radial Access – Cardiac Angiogram Discharge Instructions

### Activity

- Rest at home until the morning after the test.
- Keep the wrist where the procedure was done as straight as you can for 6 hours.
- Do not do any lifting, sports, heavy work with the arm with the band-aid for 2 days.

### Going back to work

- Ask the doctor who did your test when you can go back to work.

### Bandage

- Keep the bandage dry during the evening and night after the test.
- Take the bandage off in the morning.
- Do not put another bandage on.
- You may have a bath or shower the morning after your test.

### If you have bleeding

- Signs that you may be bleeding are: blood on the bandage, swelling, stinging, pain where the needle was put in your wrist.
- If you have bleeding or swelling you must:
  - Take off the bandage.
  - Check to see if there is bleeding or swelling under or near the tiny test hole.
  - Use your hand and press hard on the puncture site for 15 minutes. Someone else can do the pressing if you wish.
  - Press hard enough to feel a heart beat under your fingers.
  - Do not stop pressing for 15 minutes.
- If there is still some bleeding or if the swelling is getting bigger or harder, reposition your hand on the puncture site and keep on pressing and call 9-1-1.
- Go to the **nearest hospital** right away if you have any of the following symptoms:
  - Numbness, tingling, weakness, swelling, pain, too cold, too hot, or whiteness.
  - Redness, too hot, drainage, or pus at the puncture site.
  - Fever or chills that come on quickly.

For more copies, go online at <http://vch.eduhealth.ca>  
or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **EC.300.C1791**  
© Vancouver Coastal Health, June 2011

The information in this document is intended solely for the person  
to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)