

After your angiogram

You have been in the Jim Shahi Unit for a coronary angiogram, during which a thin catheter (tube) was inserted into an artery – either in the wrist or groin area. This leaflet outlines information and advice you should follow to help speed up your recovery following this procedure.

Directly after your procedure

You must be collected from the Jim Shahi Unit by a responsible adult; you must not drive yourself. We will give you an estimated time of discharge when you are admitted for your angiogram so your driver will know when to collect you.

At home

- Ideally, you should have someone with you during the first 24-hours after your angiogram.
- When you get home, it is recommended that you rest, keeping your arm (or leg – wherever the catheter was inserted) straight for as long as possible during the first 24-hours.
- Avoid strenuous activity; take it easy for a day or so.
- Avoid taking a bath or shower until the following day. It is important to keep the wound site (where the catheter was inserted) dressing dry and clean. If you have a sealing device in your groin (your doctor or nurse will tell you if you have), you can take a warm shower the following day, but **do not take a bath for three to four days**.
- Unless your doctor tells you otherwise, you can restart taking any regular medicines you are on after your angiogram.

Possible problems after your angiogram

Complications are rare but can happen within the first 24-hours and it is important to know what action to take if a problem does occur.

- **Bleeding** – if this happens, you or a companion should apply firm pressure, using the fingers, directly over the wound site. A nurse will show you how to do this before you go home. Bleeding should stop within 10-20 minutes. If bleeding continues after this, you will need to seek medical attention. Dial 999 for an ambulance or ring NHS 111 to get booked into the nearest Emergency Department (A&E). Take this leaflet with you.
- **Bruising** – it is quite common for bruises to develop around the wound site the day after the angiogram. However, if you think the bruising and swelling is increasing in size, telephone the Jim Shahi Unit on **0118 322 6502**.

Returning to normal

We recommend that you do not drive for 24 hours. We also advise that you should have at least one day off from work following your angiogram and take things easy for a day or two.

If you need further advice or have any concerns, contact the Jim Shahi Unit on: **0118 322 6502** (Monday to Friday, 8am-6pm).

Useful contacts

Royal Berkshire Hospital 0118 322 5111
Jim Shahi Unit 0118 322 6502
Cardiac Appointments 0118 322 6676
Cardiac Support Nurses 0118 322 6638
Cardiac Care Unit 0118 322 6684
NHS 111: 111
NHS website: www.nhs.uk
British Heart Foundation: www.bhf.org.uk

Royal Berks Charity Cardiac Fund U226

The Cardiac Fund was set up with the purpose of providing cardiac services that may not otherwise be available through NHS resources. Our Cardiac Laboratory (Jim Shahi Unit) was largely equipped through the fund and many other areas in the department have also benefitted from equipment and staff training. In order to expand these facilities and to remain up to date with the technological advances, further donations are greatly needed and appreciated.



Donate today to the Royal Berks Charity Cardiac Fund and help make a difference.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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