

## Possible complications

♥ Complications are rare; however, if you have any of the following please **get medical advice straight away from your General Practitioner (GP) or nearest Emergency Department (ED).**

- If you feel any **pain or numbness in your leg.**
- If you have a **change in the temperature or colour of your leg.**
- **Nausea, vomiting, rash or any skin discolouration.**
- If you have any **bleeding or increasing swelling at the puncture site in your groin. Lie down on the floor and apply firm pressure to the site and request your companion to call an ambulance and go directly to the nearest Emergency Department.**

### **If you have any questions following discharge**

Contact the Cardiac Catheterisation Laboratory on 01- 414 3743.  
(8am-5.30pm Monday – Friday)  
If it is out of hours contact your GP or ED



**Tallaght Hospital**

## **Advice For Patients After Coronary Angiogram**

**A Femoral Approach**

**A Patient information  
leaflet**



**This leaflet was updated by  
the Cardiac Cath Lab 2014**

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## Advice to follow after your Coronary Angiogram.

♥Your test today involved a small puncture to the artery at the top of your leg (groin) and you were given dye.

♥ You will be in bed for a total of four hours following the test.

**Flat for 2 hours,  
Sitting for 2 hours.**



♥During this time in bed you **MUST** keep your leg straight.

**DO NOT SIT UP FOR THE FIRST 2 HOURS,  
DO NOT BEND YOUR KNEE.**

♥The puncture site should **NOT** be **SWOLLEN** if it is tell the nurse straight away.

♥ If you need to cough or sneeze, place hand over puncture site and Press down firmly.

♥The puncture site may be a little bruised and tender, Paracetamol should be enough to relieve the discomfort.



♥Unless you are told otherwise, you should drink a glass of fluids every hour for the rest of the day to flush out the dye and plenty of water over the next few days. Avoid alcohol tonight.

♥You may eat normally following your test

♥ Avoid sitting bolt upright for the rest of the day. If you are a **day-case patient**, sit in a reclining position when being driven home and for the rest of the evening

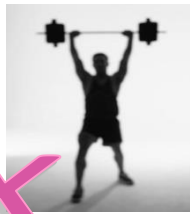
♥ Rest this evening but do gentle toe/ankle exercises hourly. For example wriggle toes and n



♥**Do not drive for at least 48 hours** (If you are an in-patient in hospital speak to your doctor about driving before you go home.)

♥ Your doctor will give you advice about sporting activities before you go home.

Do not do any strenuous exercise or lifting anything heavier than 5 lbs. (2 bags of sugar) for three days.



♥Do not become constipated as it is important you don't strain when moving your bowels.

♥ You may shower the following morning allowing any dressing to fall off. Do not have a bath or go swimming for three to four days following procedure.



♥If you have a flight scheduled within the next few weeks please speak to your doctor for further advice.

♥Your doctor will give you the results of the angiogram before you leave the hospital.

