

Division of Imaging

Information for Patients

Discharge Instructions

Information for Patients after an angiogram/angioplasty

Home Care

- Keep the puncture site clean and dry to prevent infection. If possible, you should have a shower rather than a bath as the water remains cleaner. Clean the area with soap and water and dry it after showering.
- Inspect the puncture site daily for one week. It is common for a large soft bruise to appear around the groin and top of the leg, but this should reduce within a week.
- It is normal to feel mild tenderness in the groin. Pain relief tablets such as Paracetamol can be taken to ease this.
- Do not strain or lift until the day after your procedure. Only do light lifting for a further 2 days and then resume normal activity if you feel well enough.
- Do not drive until 48 hours after your procedure.
- Drink plenty of fluid (water, tea, juice) in the first 24 hours unless you are on a restricted fluid intake. Avoid alcohol.

Notify a GP or NHS Direct if you experience the following rare events in the first few days following your procedure:

- Fever (sweaty/shaky).
- The groin becomes very tender. If severe pain develops in the groin, lower stomach or lower back go directly to your local Accident and Emergency Department.
- Redness or warm to touch around the puncture site.
- Sudden increase in pain, numbness or weakness in the leg.
- Blood or pus oozing from the puncture site.
- If you are having difficulty or have not passed urine within 12 hours after the procedure please seek urgent medical review.

Outside working hours go to your nearest A&E department. Do not drive yourself!

Discharge Instructions for Patients with an Angioseal after an angiogram/angioplasty

An Angioseal is a device to close the artery at the top of your leg after an angiogram/angioplasty. It consists of a collagen plug which seals the artery puncture reducing the risk of bleeding or swelling. This will be covered with a sterile dressing after the procedure.

The plug slowly dissolves over 90 days. During the 90 days whilst the collagen is being absorbed, you will be asked to carry a card informing any doctor who may need to treat you that it is there. This will be given to you following the procedure. Once 90 days has passed you can dispose of the card.

Home Care

Follow the same guidance as page 1.

Additional guidance

- Remove the dressing before showering.
- Gently clean site with soap and water while standing in the shower. Dry thoroughly. Do not apply powders or lotions.
- Cover the site with a plaster and change this after your daily shower for 3 days keeping the site clean and dry to prevent infection.
- Do not sit in the bath for until 3-4 days after your procedure or until the wound has completely healed.
- You may feel a 'pea-size' lump which is the plug itself. This is normal.

Severe Bleeding

Severe bleeding from the puncture site is very rare indeed and unlikely to happen once you have been discharged. However, it is important to know how to deal with this. Severe bleeding means a continuing flow of blood from the puncture site. It is an emergency and you would need to do the following:

- Immediately press firmly onto the groin site with your fist.
- Lie down on the floor.
- Shout for someone to telephone 999.
- Try to stay where you are and wait for the ambulance. If you have someone to help, get them to apply pressure to the puncture site.

It is advisable to keep a mobile phone with you in the unlikely event of severe bleeding so that you can telephone for help.

Severe Swelling

If a hard painful swelling appears in the groin which is quickly getting bigger, please call '999' immediately and lie down whilst waiting for the ambulance.

However, if the swelling does not appear to be getting larger than a ten pence piece, please attend A&E as soon as possible. Do not drive yourself to hospital. If no one is available to drive you to A&E please contact NHS Direct.

***Please be assured that problems like this are rare once you have been discharged. However it is important to notice any problems and act upon them.**

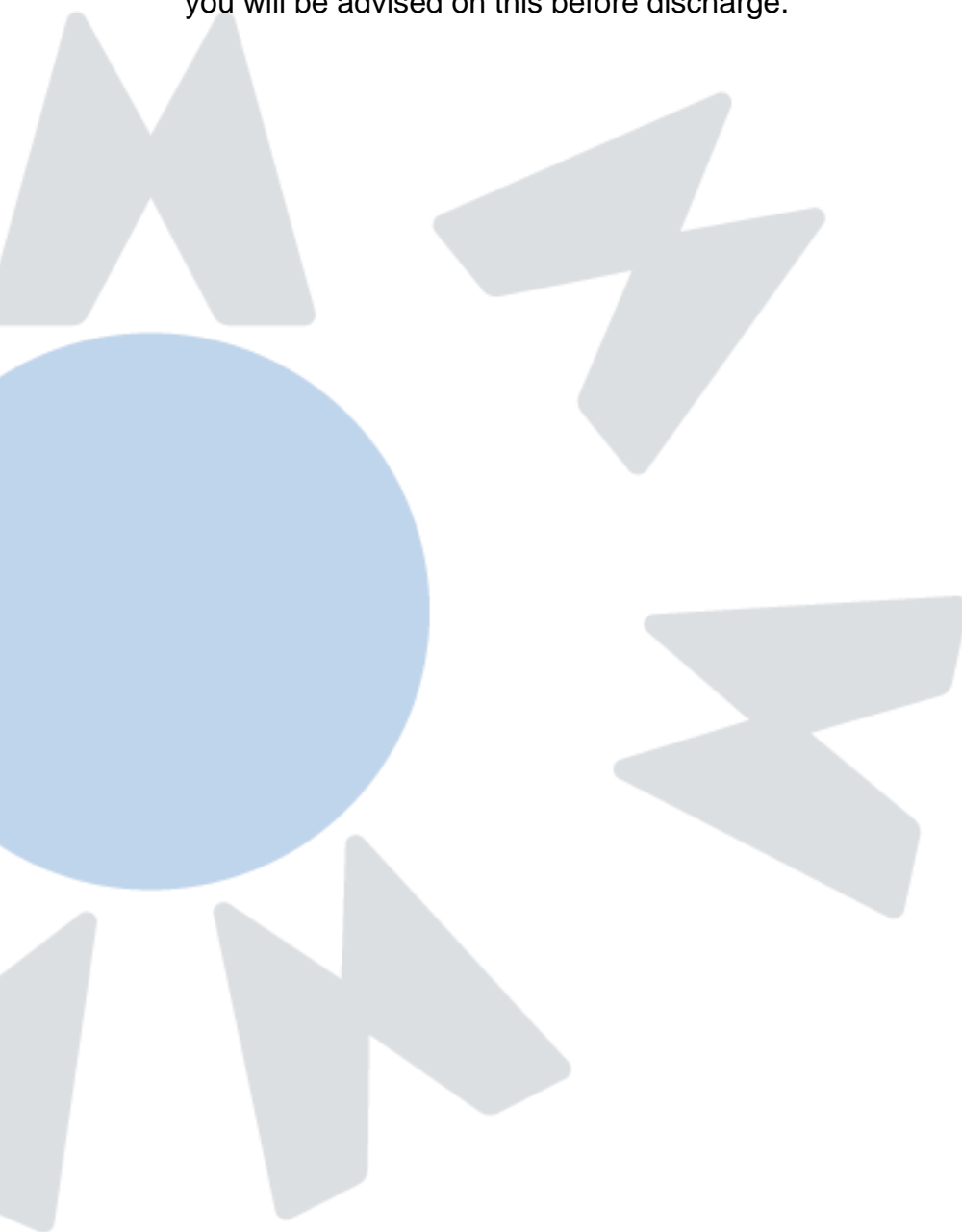
Medication Advice

Metformin

If you are on Metformin you may have been advised to stop it before the procedure. Please do not restart taking this until 48 hours following the procedure.

Warfarin

Restarting of Warfarin following the procedure will be discussed with the Doctor and you will be advised on this before discharge.



Contact us

For contact if there are any queries and concerns please refer to your appointment letter.

Language and accessible support services:

If you need an interpreter or information about your care in a different language or format, please get in touch.

Your comments and concerns

If you would like to provide feedback you can:

- Ask to speak to the department lead / manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL.
- Log onto the Patient Opinion website www.patientopinion.org.uk/ click on 'Tell your Story'

If you would like to discuss a concern or make a complaint:

Ask to speak to the department manager – they may be able to help straight away. Inpatients can speak to a senior nurse or manager by contacting the Tell Us Today service on (0161) 701 1999.

Contact our Patient Advice and Liaison Service (PALS) on (0161) 276 8686 email: pals@mft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111, 24 hours a day
Website: www.111.nhs.uk