

ANGIOGRAM DISCHARGE INSTRUCTIONS

You have had a procedure to open a blocked artery in your body.

Sedation:

- The sedation you received for your procedure is still in your system. Therefore, we would like you to take it easy the rest of the day and evening. We recommend that your caregiver remains with you for the remainder of the day.
- Do not drive and avoid drinking alcohol. Do not sign important documents or make legal decisions for the next 24 hours.

Medications:

- Your doctor may tell you to take **Plavix** (also called clopidogrel), 75 mg., each day as well. If your doctor prescribes Plavix, please be sure to take it for the entire time the doctor recommends. These medicines keep blood clots from forming in your arteries and in the stent.
- You may take acetaminophen (Tylenol) every 6 hours as needed for pain in the area where the catheter was placed. If pain is not relieved with acetaminophen, contact your doctor.
- You may resume your oral Diabetes Medication in 48 hours (if you are on insulin, you may resume this immediately). Please monitor your blood sugar levels very closely.

Activity:

- **For at least one week**, you should not lift, push, or pull anything heavier than 10 pounds or do any exercise that causes you to hold your breath and bear down with your abdominal muscles. After one week, you may gradually increase your activity.
- You should not bathe in bathtub or swim for 2-3 days, until the puncture site is completely healed because it can introduce infection into your body.
- You may shower 2 days after your procedure, if your site appears to be healing well.
- Your nurse will schedule a follow-up appointment for you to be seen in the radiologists' office (RAVE) the next day to change the dressing.

What to expect after the procedure:

- Your groin puncture may be sore for several days. You should be able to walk further now without needing to rest, but you should take it easy at first. Full recovery from this procedure may take 6 - 8 weeks.
- Your nurse will tell you how often to change your dressing (bandage).

Walking short distances on a flat surface is okay. Limit going up and down stairs to about 2 times a day for the first 2 to 3 days. Walk short distances 3 to 4 times a day. Slowly increase how far you walk

each time. When you are resting, try keeping your legs raised above the level of your heart. Place pillows or blankets under your legs to raise them.

Call the Doctor if:

- There is swelling at the catheter site or if your legs are swelling.
- There is bleeding at the catheter insertion site that does not stop when pressure is applied.
- Your leg below where the catheter was inserted changes color or becomes cool to the touch, or numb.
- The small incision from your catheter becomes red or painful, or if there is yellow or green discharge.
- You have chest pain or shortness of breath that does not go away with rest.
- You have dizziness, fainting, or you are very tired.
- You are coughing up blood or yellow or green mucus.
- You have chills or a fever over 101 °F.
- You develop weakness in your body or are unable to get out of bed.
- If your incision bleeds or swells up, lie down and put pressure on it for 30 minutes. If the bleeding or swelling does not stop or gets worse, call your doctor and return to the hospital, or go to the closest emergency room.

If you experience any problems call your doctor or call RAVE at (941)848-7781 and ask for the Interventional Radiology Department. In case of a medical emergency call 911.