

## INFORMATION FOR PATIENTS

# Post Angiographic



---

Name

.....

Date

.....

Procedure

.....

Doctor

.....

The following instructions are designed to allow a safe and rapid recovery from your angiogram. Please do not hesitate to ask the attending nurse or medical staff for further information.

### **Care of Puncture Site**

The small puncture into the artery has now sealed but it is essential you take care over the next 24 hours to prevent re-bleeding.

- You must have someone to take you home and make sure that you are comfortable and have all the things you might need.
- You must have easy access to the telephone.
- You may eat and drink as normal.
- Press lightly on the puncture site if coughing or sneezing.
- Avoid strenuous activities for the next 48 hours.



---

A small bruise with discoloration at the puncture site is common and may take 2 - 3 weeks to fade. You should be able to restart normal activities within 24 - 48 hours though some minor discomfort may be present for a further day or so.

## **If bleeding starts**

**In the unlikely event that bleeding does start from the puncture site:**

- Lie down.
- Get help from your carer.
- Do not panic - such bleeding can always be controlled by applying firm pressure at the puncture site. It is very important to press over the area where you can feel the pulse.
- Press firmly at the puncture site for at least 10 minutes without releasing the pressure.
- Release the pressure and carefully observe the puncture site.
- If the bleeding has stopped then remain lying down for at least a further hour. If bleeding continues re-apply pressure and ask your carer to call for medical assistance.

After the angiogram, if you have any concerns about the puncture site or your circulation you should seek advice immediately.

**Please contact the Vascular Suite Staff on:**

**0113 392 3311**

**8.00am to 5.00pm (Monday to Friday)**

**At any other time please contact your GP.**

---

