



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Angiography After Care

(Radial Approach)

Information for patients, relatives and carers

Radiology Department

① For more information, please contact:

Sister, Vascular Imaging Unit

Tel: 01904 726065

The York Hospital, Wigginton Road, York, YO31 8HE

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Below are some helpful hints to aid recovery following your angiogram/arteriogram.

How much should I do at home?

On discharge you are advised to take plenty of rest over the following couple of days. Gradually build up your activities to your normal level.

Household jobs?

- Avoid lifting any heavy weights (this includes small children) for the first two days.
- Avoid extended stretching and bending of the arm.
- Avoid pushing and pulling. For example mowing the lawn, vacuuming.

What about returning to work?

- If you are employed you should have the following day off work.
- If your job includes physical work, you should have two to three days off work.
- If you had a stent insertion, you should take one week off work.

What about driving

You are advised not to drive for two days, even if your car is an automatic.

Personal Hygiene

The following day, gently soak off the dressing in a cool bath/shower.

Avoid hot baths. Take a cool bath or a shower for the next couple of days.

Do not clean the wound directly or use any creams on or near the wound site.

When about sexual relationships?

You should be able to resume your normal sexual relations after two days.

When do I get my results?

If your results were not discussed with you while in the Vascular Imaging Unit, your Doctor will discuss these with you at your next Out Patient Appointment.

What should I do if my puncture site starts to bleed?

You may have a small bruise and a small pea sized lump. This is normal and there is no need to worry.

If a lump larger than a ten pence piece appears, follow instructions for heavy bleeding.

Light bleeding (Less than a thimble full)

- Should stop quickly with rest.

Heavy Bleeding

- Call for someone to help
- Sit down and raise your arm
- Ask your helper to press firmly on the wound site.
- Phone 999 - State that you have an **arterial bleed** - Continue to press until the ambulance arrives.

Contact your GP if any of the following occur

- Fever.
- Persistent tenderness in the arm/wrist.
- Redness and warm to touch.
- Numbness, tingling, pain or swelling in the arm or hand.

What can I do to help myself?

Think about your lifestyle. Do you:

- Smoke? Try reducing. To find your local free Stop Smoking Service ring 0800 848484.
- Drink? The recommended limits are 14 for women and men per week.
- Eat Healthily - a high fibre, low salt, low saturated fat diet is recommended.
- Feel you are overweight? Why not discuss weight reduction with your GP.

If you have any concerns, questions or would like to offer feedback please contact a member of the Vascular Imaging Unit staff on 01904 726065.

What about my medication?

Please continue with your medication unless your doctor advises differently.

Warfarin? Restart your usual dose as advised by doctor.

Metformin? Restart your usual dose 48 hours after discharge.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Vascular Imaging Department, telephone 01904 726065
and ask for the Sister. The York Hospital, Wigginton
Road, York, YO31 8HE.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

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Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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