



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Angiography After Care

(Femoral Approach)

Information for patients, relatives and carers

## **Radiology Department**

① For more information, please contact:

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

## **Can I continue with my household jobs?**

For the first two days after your procedure:

- Avoid lifting any heavy weights including small children.
- Avoid pushing and pulling. For example mowing the lawn, vacuuming.

## **When can I return 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.

## **When can I resume my sexual relationships?**

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

## **When can I drive again?**

You are advised not to drive for two days, even if your car is an automatic. Emergency braking may be harmful.

## **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 outpatient appointment.

## **Personal Hygiene**

Avoid hot baths. Take a cool bath or shower for the next couple of days. Keep your wound clean and dry. If a scab has formed, please do not remove it. Allow natural healing to occur. Do not use talcum powder and creams for two days.

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

- You may have a small bruise and a small lump. This is normal and there is no need to worry.
- If a lump larger than a 50p piece occurs, please follow the instructions for heavy bleeding.

### **Light bleeding: Less than a thimble full**

- This should stop quickly with rest.

### **Heavy Bleeding**

- Call for someone to help.
- Lie flat.
- Get your helper to phone 999, ask for an ambulance and state that you have an arterial bleed. Get your helper to press firmly on the wound site, and continue to press until the ambulance arrives.

### **Contact your GP if any of the following occur**

- Fever
- Persistent tenderness in your groin
- Redness and warm to touch
- Numbness, pain or swelling in your leg

## **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.
- Do you drink? The recommended limits are 14 units for women and men per week.
- Eat Healthily. A high fibre, low salt, low saturated fat diet is recommended. If you feel you are overweight, 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 telephone number 01904 726065.

## **What about my medication?**

Please continue with your medication unless your doctor advises differently.

If you are taking Warfarin please ask the nurses before your discharge when you should start this again.

If you are taking 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:  
The Vascular Imaging Unit, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726065.

## **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](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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