

Harefield Hospital

# After your angiogram or angioplasty





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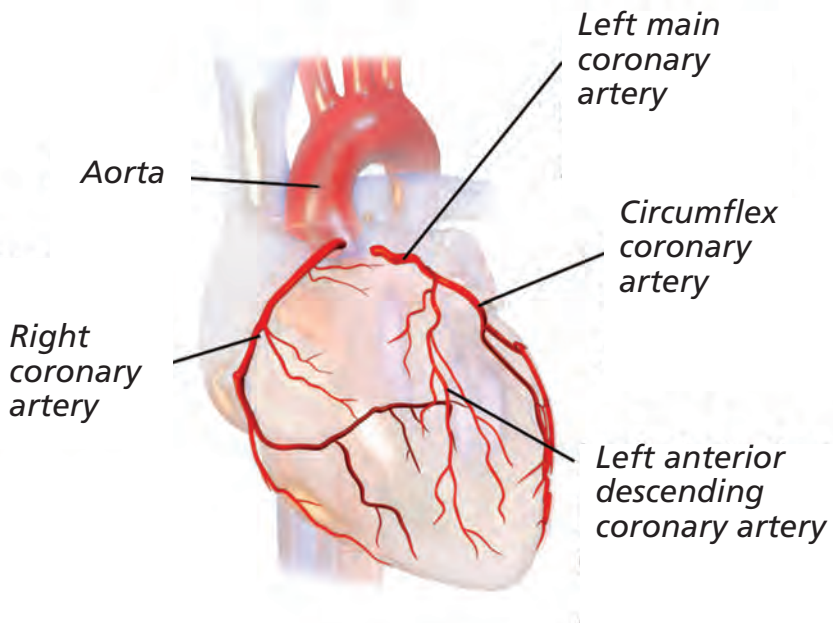
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*This leaflet gives general information to help make sure you recover as quickly as possible after your angiogram or angioplasty. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.*

## A diagram of the coronary arteries

Below is a diagram of the coronary arteries. Please ask one of the nurses to indicate on the diagram which artery/arteries you have had treated or need to have treated.

### Coronary arteries





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## After your angiogram

We recommend that you drink one and a half litres of fluids during the first few hours after the angiogram. This will help your body to get rid of the dye we used during the procedure.

It is important that you do not drive for 24 hours after your angiogram. Please ask someone to take you home after your angiogram.

Please rest for the first day after your angiogram. If you were working before you were admitted, you may return to work 24 hours after your angiogram.

Please avoid lifting objects and doing any activities that can make you tired during the first week. You may experience some pain in your wrist or groin (where the catheter was inserted) for a few days after the angiogram. This is common and the pain will get better over time.

We will give you more information about what you can and cannot do depending on the results of your angiogram. If you have questions about this, please ask your doctor or nurse before you go home.

If your follow-up appointment is planned at Harefield Hospital, we will send your appointment details by post or email. You will also receive a text message inviting you to log on to our Outpatient Portal appointment portal, an online appointment information system, where you can confirm or rebook an appointment instantly (see More information on page 8). Your GP can arrange for you to be seen earlier if he/she feels it is necessary.

## After your angioplasty and stent

Patients going home after an angioplasty will need to have a responsible adult with them for 24 hours.

We recommend that you drink one and a half litres of fluids during the first few hours after the angioplasty. This will help your body to get rid of the dye we used during the procedure.

After your stent, you may have a 'bruised' feeling in your chest for a week. This is common and will get better over time.


It is important that you do not drive for a week after your angioplasty. This is a DVLA regulation. You should inform your insurance company that you have had an angioplasty and stent procedure. You do not need to inform the DVLA unless you hold a HGV, coach or bus licence. If you have any questions about driving after your procedure, please ask our rehabilitation team.

Please rest for a few days afterwards. Avoid lifting objects and doing any activities that can make you tired during the first two weeks.

If the procedure was carried out through your wrist, please do not carry anything heavy in that hand for at least a week.

If you were working before you were admitted, you may return to work one week after your angioplasty. Before you go home, our rehabilitation team will answer any questions you may have about going back to work and other activities. You can also talk to your consultant.

We will give you antiplatelet (blood-thinning) drugs to take for up to a year after your angioplasty. It is important that you also take aspirin, which is usually continued for the rest of your life.



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These medicines help to reduce the risk of blood clots forming in the stent. This can happen if you stop taking these medicines too early. Please contact us if anyone advises you to stop taking them before the end of the period that we recommended to you.

Before you go home, we will give you an antiplatelet card that tells you how long you need to take the antiplatelet drugs. Please carry this with you at all times and show it to any healthcare professional looking after you.

If your follow-up appointment is planned at Harefield Hospital, we will send your appointment details by post or email. You will also receive a text message inviting you to log on to our Outpatient Portal appointment portal, an online appointment information system, where you can confirm or rebook an appointment instantly (see More information on page 8). This is usually three months after the angioplasty in the nurse-led clinic.

If your angioplasty was carried out by a visiting consultant, he/she will arrange a follow-up appointment at your local hospital.

## **Going back home after your angiogram or angioplasty**

We will post a discharge summary to your GP and give you a copy to take home with you.

### **Caring for your wound**

You may remove the dressing from your wrist or groin the morning after your procedure. Your nurse will check the wound before you leave the hospital.

Please check your wound for any signs of excessive bruising, inflammation or swelling for a few days following the procedure. If you see any of these, or if you are concerned, please call the ward using the contact numbers on page 8. We may ask you to return to the ward so that we can look at your wound.

It is important that you keep the wound clean and dry. Avoid using perfume, cream or talcum powder on or around the wound for at least a week.

Please do not take a bath for at least 24 hours after your procedure. This may slow the healing process or cause the wound to bleed. However, it is fine to take a shower.

If your wound starts to bleed, please sit down and press firmly on it for 10 minutes. Once the bleeding has stopped, you should apply a plaster to the wound for 24 hours. If it continues to bleed, please call your GP or go to your nearest accident and emergency (A&E) department.

Please note that Harefield Hospital does not have an accident and emergency department (A&E).

### **Angina (chest pain)**

It is possible that you may still experience some angina after your procedure. If you have any chest pain, please stop what you are doing and rest.

If you use GTN spray or GTN tablets and the pain does not go away with rest, take one spray or tablet. If you can still feel the pain after five minutes, please repeat this and wait another five minutes.

If the pain has still not gone away after 15 minutes, you should dial 999 immediately.

If you experience a gradual return of your chest pain in the weeks after the procedure, please see your GP.



## Useful telephone numbers

Please contact us if you have any questions:

Cardiac rehabilitation dept  
(Monday to Friday, 8am-4pm) **01895 828 944**

Cardiology nurse consultant  
(Monday to Friday, 8am-5.30pm.  
You can leave a message and your call  
will be answered as soon as possible) **01895 828 677**

ACCU – Oak ward (24 hours) **01895 828 648/667**

ACCU – Acorn ward (24 hours) **01895 828 723**

Cherry Tree day case unit  
(Monday to Friday, 7.15am-8pm) **01895 828 656**

Switchboard **01895 823 737**

## More information

See a video and more information about how our online appointment system works on the Outpatient Portal page of our website:

**[www.rbht.nhs.uk/patients-visitors/patients/outpatient-information/outpatient-portal](http://www.rbht.nhs.uk/patients-visitors/patients/outpatient-information/outpatient-portal)**







## Your notes

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If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on:

- Royal Brompton Hospital – 020 7349 7715
- Harefield Hospital – 01895 826 572

You can also email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.



Royal Brompton Hospital  
Sydney Street  
London  
SW3 6NP  
Tel: 0330 12 88121

Harefield Hospital  
Hill End Road  
Harefield  
Middlesex  
UB9 6JH  
Tel: 0330 12 88121

Website: [www.rbht.nhs.uk](http://www.rbht.nhs.uk)

Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

