



A lifetime of specialist care

Royal Brompton & Harefield **NHS**  
NHS Foundation Trust

Royal Brompton Hospital

# After your angiogram or angioplasty





## Contents

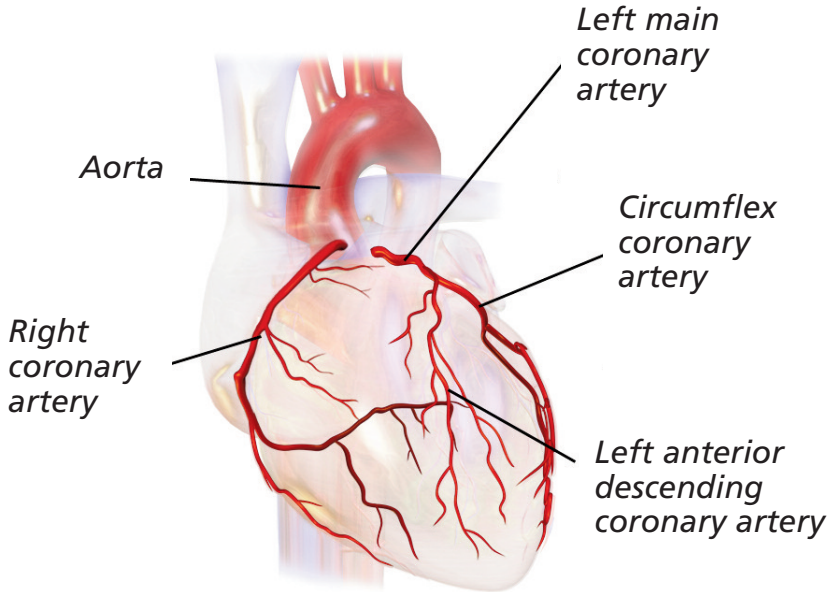
A diagram of the coronary arteries	3
After your angiogram	3
After your angioplasty and stent	4
Going back home after your angiogram or angioplasty	5
Useful telephone numbers	7

*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 your doctor or nurse 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



## After your angiogram

We recommend that you drink one and a half litres of fluids during the first few hours after your 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 48 hours after your angiogram. Please ask someone to take you home after the procedure.



---

Please rest for the first day after your angiogram. If you were working before you were admitted to hospital, you may return to work 48 hours after your angiogram, depending on the type of work you do. Please ask your doctor or nurse about returning to work.

During the first week after your angiogram, avoid lifting objects or doing any activities that could make you tired. You may experience some pain in your wrist or groin (where the catheter was inserted) for a few days after your 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 Royal Brompton Hospital, we will send your appointment details by post. Your GP can arrange for you to be seen earlier if they feel 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 your angioplasty. This will help your body to get rid of the dye we used during the procedure.

You may have a 'bruised' feeling in your chest for a couple of weeks after your angioplasty. This is common and will get better over time.

The Driving and Vehicle Licensing Agency (DVLA) states that if you hold a car or motorcycle licence you must not drive for a week after your angioplasty. If you hold a bus, coach or lorry licence, you must not drive for six weeks, and have to inform the DVLA. If you hold any type of driving licence and have had an angioplasty and stent procedure you should inform your insurance company.

Please rest for a few days after your angioplasty. During the first two weeks, avoid lifting objects or doing any activities that could make you tired.

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

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

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.

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 for. 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 Royal Brompton Hospital, we will send your appointment details by post.

If your angioplasty was carried out by a doctor from another hospital, 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

Your nurse will check your wound before you leave the hospital.

For a few days after your procedure, please check your wound for any signs of excessive bruising, inflammation or swelling. If you see any of these, or if you are concerned, please call the ward using the contact numbers opposite. 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 have 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 have a shower.

If your wound starts to bleed, sit down and press firmly on it for 10 minutes. Once the bleeding has stopped, apply a plaster to the wound and leave it on 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 Royal Brompton Hospital does not have an accident and emergency (A&E) department.

## 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 normally use a GTN spray or take GTN tablets (nitrate spray/tablets used to relieve angina), and the pain does not

go away with rest, take one spray or tablet. If you can still feel the pain after five minutes, 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 your procedure, please see your GP.

## Useful telephone numbers

Please contact us if you have any questions:

Pre-assessment nurse specialists **020 7349 7753**  
(Monday-Friday, 10am-4pm)

The Squire Centre **0330 12 88121** ext **82960**  
(Monday-Friday, 7am-8pm)

York Ward **020 7351 8592**  
(24 hours)

Paul Wood Ward **020 7351 8598**  
(24 hours)

Switchboard **0330 12 88121**

Cardiac bookings team call the switchboard and  
ask for bleep **1195**

---

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 020 7349 7715 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.

Royal Brompton Hospital  
Sydney Street  
London  
SW3 6NP  
tel: 020 7352 8121  
textphone: (18001) 020 7352 8121

Harefield Hospital  
Hill End Road  
Harefield  
Middlesex  
UB9 6JH  
tel: 01895 823 737  
textphone: (18001) 01895 823 737

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

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.

