

Care After Your Angiogram Procedure

Your Procedure

During your angiogram procedure, the doctor made a hole (puncture site) in your artery.

What to Expect After Your Procedure

- It is normal to have a little soreness or tenderness at the puncture site. This should gradually lessen each day.
- You may also have a tiny marble-size bump and bruising at the puncture site. The bruise may spread and turn dark purple, green or yellow before it goes away.

Food and Beverages

- Drink at least 6 glasses of liquids over the next 24 hours to help flush the contrast out of your kidneys.
- Resume your usual diet when you feel like eating again.
- If you feel nauseated, drink clear liquids until you feel better.

Activity

- If your puncture site is in your groin, avoid bending your leg at the hip and straining. Support your groin site with your hand when you cough, climb stairs or change positions.
- You may resume your normal everyday activity 24 hours after the procedure, unless you are told otherwise.
- Avoid lifting objects heavier than 10 pounds for 1 week.

Your Health Care Provider

Name: _____

Phone number: _____

- The sedation you received before or during your procedure may make you sleepy or dizzy. Because of this, you should not do the following for 24 hours after the procedure:
 - drive a motor vehicle or operate machines
 - drink alcoholic beverages
 - make any critical decisions or sign important documents until you have fully recovered.

Hygiene

- Keep the puncture site clean and dry.
- You may shower 24 hours after the procedure. Gently wash the puncture site with soap and water. If a topical hemostasis pad was used over the puncture, soak the dressing with water and gently peel to remove. Leave the site open to the air. (No bandage is needed.)
- Avoid tub baths, hot tubs and swimming for 5 days.

(over)

When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- at the puncture site:
 - new or sudden swelling
 - numbness, tingling, a bluish color, or coolness of the affected leg, foot, arm or hand
 - increased redness, tenderness or warmth at the puncture site
- chills or a temperature of 101 F or higher

If you have bleeding or swelling under the skin, lie down and put firm pressure slightly above the puncture site.

Call 911 if the bleeding does not stop after 10 minutes of applying direct pressure.

Call your health care provider for a follow-up appointment. The results of today's procedure will be sent directly to your health care provider within 3 working days.

Call the Interventional Radiology Department at _____ if you have any questions or concerns.

For after hours, have the on-call interventional radiologist paged.