








Care After an Angiogram — At a Glance

For an Emergency, Call 911

Activity 	Procedure Site Care 	Medicines 	Self-care 	When to Call Your Doctor 
<ul style="list-style-type: none"> ■ In the first 24 hours: <ul style="list-style-type: none"> — Do low-level activities. Walk to and from the bed, couch, chair and bathroom. Take a few stairs, if needed. — Do not drive until tomorrow. ■ In the first 48 hours: <ul style="list-style-type: none"> — Do not lift anything heavier than 10 pounds. — Avoid heavy activities, such as biking, bowling, jogging, sexual activity, shoveling, mowing or swimming.  <p style="font-size: small; margin-top: 10px;">© 2022 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS THIS FACT SHEET DOES NOT REPLACE MEDICAL OR PROFESSIONAL ADVICE; IT IS ONLY A GUIDE. cvs-ah-44832 (6/14)</p>	<ul style="list-style-type: none"> ■ Leave the dressing or bandage on until tomorrow morning. ■ Keep the site clean and dry for the first 24 hours. You may take a shower with mild soap tomorrow. ■ Apply pressure slightly above the procedure site if you cough or sneeze. ■ If the site starts to bleed: <ul style="list-style-type: none"> — Lie down flat. — Apply pressure slightly above the site. — If bleeding does not stop after you apply pressure, call 911. ■ You may have a bruise and/or nickel-sized lump in the puncture area. This is common. The bruising may increase in size. It may take 2 to 3 weeks for the bruise to go away. 	<ul style="list-style-type: none"> ■ Take your medicines as prescribed each day. ■ Talk with your health care provider before you take over-the-counter pain relief medicine. ■ If you have a prescription for nitroglycerin to relieve chest pain (angina): <ul style="list-style-type: none"> — Sit down. Place one tablet under your tongue. — If your chest pain does not go away in 5 minutes, call 911 or follow your doctor’s directions. 	<ul style="list-style-type: none"> ■ Drink extra glasses of liquids over the next 24 hours. This will help flush the dye from your kidneys. ■ Eat a diet low in fat, sodium (salt) and cholesterol. ■ Read all food labels for cholesterol, sodium (salt) and fat levels. ■ Get regular exercise. Follow your doctor’s directions. ■ Do not use tobacco. If you need help quitting, ask your doctor for resources.  	<ul style="list-style-type: none"> ■ Call your doctor if you have: <ul style="list-style-type: none"> — chest pain (like you had before the angiogram) — lots of swelling and tenderness, constant pain or bleeding at the puncture site — numbness, tingling or color change in your affected leg or arm — lightheadedness, sweating and fever of more than 101 F — trouble breathing, feeling very tired or being unable to exercise — questions or concerns. <p style="text-align: right; margin-top: 20px;">allinahealth.org</p>