



## Cardiology Department

# Discharge advice for patients following a Radial Angiogram

- Following this type of procedure, you must have someone with you for 24 hours following discharge from hospital
- If the wound should **bleed** or **swell**, shout for your relative/carer to help and press firmly above the wound site. When help arrives, they should call 999 for an ambulance and explain that you are bleeding from the artery in your wrist following a procedure.
- Look out for any signs that the blood flow to your hand or fingers has been affected. If your hand becomes cold, discoloured, or you have continuous pins and needles in the affected hand, you should seek medical attention immediately. If this is Mon-Fri between 8am-6pm, come back to the Cardiology day ward (ring 01305 254990 to let us know you are coming). Out of these hours go to the Emergency department.
- Bruising is completely normal and sometimes this can extend up the forearm towards the elbow. If you are concerned, please ring the Cardiology day ward on 01305 254990 for advice.
- Spend the rest of the day resting at home and **do not** use the affected hand for 24 hours for anything. After 24 hours you can start to use the hand for eating and drinking and very light things, such as holding a book, using the computer etc for a couple of days.
- Avoid heavy lifting or strenuous exercise, such as riding a bike, digging the garden and playing sports for at least 5 days after the procedure.
- Do not drive for 2 days following the procedure.
- You could return to work after 2-3 days if your job is office based, but if you have a physically demanding job, we advise that you do not return for 5-7 days (you can self-certify for 7 days).
- If your arm aches or becomes painful (this is common and can sometimes persist for several days to weeks) take 1-2 Paracetamol 500mg tablets 4-6 hourly if required (always follow the instructions on the packaging). If pain persists, ring the Cardiology day ward on 01305 254990 for advice.

- You can shower from the following day. Do not scrub the wound site and pat dry with a towel. Do not soak the affected arm in water until the wound is healed and dry.
- Remove the dressing after 24 hours. You do not need to recover the wound as long as it is kept clean and dry.
- Continue to drink plenty of fluid, this helps to flush the 'dye' out through your kidneys. Do not drink any alcohol within the first 24 hours following your procedure.

**If you have any further worries or concerns you can contact the Cardiology day ward for advice on 01305 254990 between the hours of 8am and 6pm Monday to Friday.**

## Feedback

If you are happy with the service provided within this department, or if you feel we could improve this service, we would be grateful for your feedback. Please contact:

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## About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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