

After Your Angiogram

Self-care at home

This handout gives important self-care instructions to follow after your angiogram.

For 24 Hours

- The medicine that you were given to make you sleepy will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:
 - Do **not** drive a car.
 - Do **not** use machinery or power tools.
 - Do **not** drink alcohol.
 - Do **not** take medicines such as tranquilizers or sleeping pills, unless your doctor prescribed them.
 - Do **not** sign legal papers or make important decisions.
 - Do **not** be responsible for children, pets, or adults who need care.
- You may be lightheaded or feel dizzy. We strongly advise you to do only light activities and get plenty of rest.
- Someone should stay with you overnight.
- Eat as usual, if you can. If you cannot eat at first, slowly add foods that you can handle.
- Drink lots of fluids.



For 48 Hours

- Do only moderate activities for 48 hours after your procedure. This will allow your puncture sites to heal. **Do not do any strenuous work, heavy lifting, or exercise.**

Wound Care

- For 24 hours, keep the site where the catheter was placed clean and dry.

- After 24 hours, you may bathe or shower, unless your doctor or nurse tells you not to.
 - Use a clean, dry towel to pat the site dry after bathing.
 - Do **not** apply any lotions, creams, ointments, or powders to the site.
 - You may want to cover the puncture site with a Band-Aid until it is healed. If you use a Band-Aid, over the next few days, change it every day and check the site (see “When to Call,” below).
- It is normal to have some discomfort or bruising at the puncture site for several days.

When to Call

Check the puncture site every day. Call one of the numbers below if you have:

- Changes at the puncture site:
 - Bleeding or swelling
 - Redness, warmth, or discharge that smells bad
- Leg pain on the side of your body where the procedure was done
- A fever higher than 100.5°F (38°C) or chills

Who to Call

If you have any of the symptoms listed above:

- Weekdays from 6:30 a.m. to 11 p.m., call the Ambulatory Procedure Area (APA) at 206.744.8088.
- After hours and on weekends and holidays, call the Community Care Line Nurse at 206.744.2500.

Follow-up Visit

Return to the _____ clinic to see

Dr. _____

on _____ at _____ a.m./p.m.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

HMC Ambulatory Procedure Area: 206.744.8088