

# Coronary Angiogram/Angioplasty – Femoral Approach Post Procedure Care

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**OUTSTANDING CARE**  
*personally* DELIVERED

## Following your procedure

It is advisable to go straight home following discharge from hospital. Do **not** drive yourself home, please arrange for somebody to collect you.

You should have a friend or relative at home with you during the first night of your procedure and access to a telephone.

## Caring for your leg over the following 48 hours

- No heavy lifting or strenuous activity including housework, gardening, walking too far or sexual intercourse
- No driving for 2 days post Angiogram (no stent)
- No driving for 7 days post Angioplasty (stent insertion)
- Remove the protective clear dressing after 24 hours
- You can have a shower or bath 24 hours after your procedure, but it is advisable not to have a hot bath for a few days as this may cause further bleeding.

## Observations post procedure

It is important to observe the leg/groin after your procedure for the following:

**Bruising:** This is normal, however, if a painful lump or swelling occurs contact the nursing staff in the Cardiac Catheter Lab (see telephone number on page 3).

**Bleeding:** If you bleed profusely from the site, lie down, firmly press with a towel.

**Dial 999 for an ambulance immediately.**

If your leg becomes painful, feels cooler or looks a different colour from the other leg, **please contact the nursing staff in the Cardiac Catheter Lab or visit your nearest A&E department urgently.**

## Information after your procedure

We advise you to drink plenty of fluid after your procedure, particularly water over the following few days. Please refrain from drinking alcohol on the evening after your procedure.

## Medications

If you take **Metformin** for diabetes please restart this 48 hours after the procedure, unless otherwise instructed.

If you take **Warfarin** or any other **Anticoagulant** that you were instructed to stop - you may restart this on the evening of the procedure - unless otherwise informed. Take your normal dose. If you take **Warfarin** you should arrange a blood test to check your INR within the next 5 days.

If you have stopped any other medications you will be given instructions when to restart these. You may require a blood test and a form will be provided to enable this. We will inform you when to restart your medication once we have received the blood results.

The Lincolnshire Heart Centre

Cardiac Catheter Lab

Lincoln County Hospital

Telephone: 01522 512512 ex 582648

United Lincolnshire Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

United Lincolnshire Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)