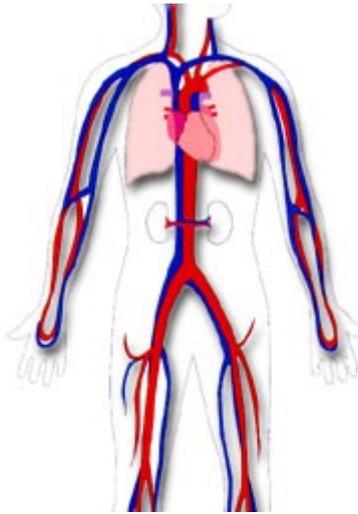


## What if there are any complications?

If you have any problems with bleeding or an increasing lump in the groin or wrist, feel unwell or develop any chest pain that does not resolve with Anginine, please call for an ambulance on 000.



For any bleeding, please lie down and have someone else apply pressure directly to the area.

## Cardiac Catheterisation Laboratory Western Hospital Gordon Street Footscary, VIC 3011

Day Procedure Unit  
(enter through Admissions)  
1<sup>st</sup> Floor, North Block  
Opening hours: 7am-8pm

Cardiac Care Unit  
2<sup>nd</sup> Floor, North Block  
Visiting hours: 10am-2pm & 4pm-8pm

### CONTACT US

For all enquiries, please contact the Catheterisation Laboratory Booking Clerk on 83456056

### WESTERN HEALTH

Sunshine Hospital

176 Furlong Rd, St Albans VIC 3021

Phone: (03) 8345 1333

Fax: (03) 8345 1019

<http://www.wh.org.au>

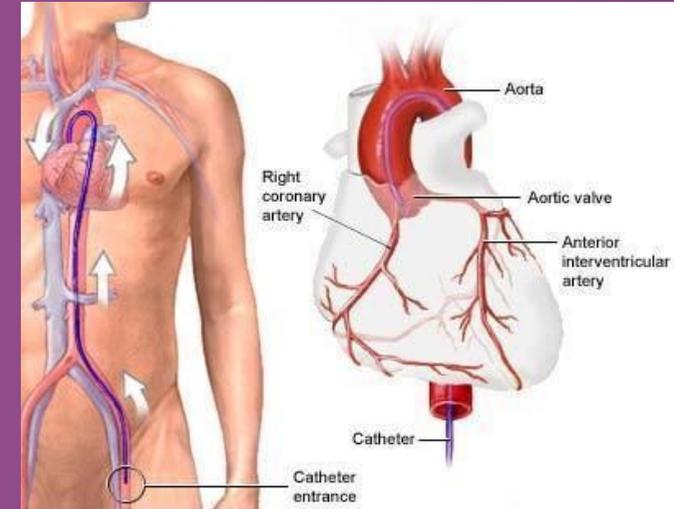
*This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as mis-*



Western Health

Together, caring for the west

## Cardiac Catheterisation Laboratory



### Coronary Angiography Patient Information



Western Health

## What is a Coronary Angiogram

A Coronary Angiogram is a special x-ray of the arteries supplying blood to the heart. It will show the severity of any narrowing and assist in determining any ongoing treatment.

### Pre-Admission Clinic

A thorough assessment will be done at the clinic to gather some baseline information about you for your procedure to be performed safely.

You are welcome to have someone with you at this clinic, especially if English is your second language.

Please bring your medications to your Pre-Admission Clinic appointment.

- An ECG will be taken
- A nurse will check your height and weight, blood pressure, take a blood test and tell you about the procedure
- A doctor will examine you, explain the risks of the procedure and complete your consent form
- You will also be told which medication to stop and when

### On the day

- **Bring all your medications in with you**
- You must take your medications as instructed at the Pre-admission Clinic
- Wear comfortable clothes as you will be discharged home on the same day from the Day Procedure Unit
- Please leave all valuables at home and remove any nail polish

- You may wear your dentures and/or minimal jewellery
- Present to Admissions on the 1<sup>st</sup> floor, North Block, at your appointed time



### During the Angiogram

- You must remain still
- A nurse will present to assist you
- Medication is often given to ease anxiety
- Local anaesthetic is injected into the insertion site which may sting
- A very small tube is then inserted into the artery in the groin or wrist through which the procedure is performed
- You may briefly feel a hot sensation during the procedure which is harmless

### After the Coronary Angiogram

- A nurse will remove the tube from your groin and apply pressure to prevent bleeding
- You will lie flat for at least 2 hours to prevent bleeding from the groin and will be discharged home after 4-5 hours
- If your angiogram is performed via the wrist, a tight band is applied to the site for 45 minutes and you may sit up

### On discharge

- You will be given further instructions, medications and appointments where necessary
- You must be driven home by a family member or friend, by car or taxi and have someone stay with you for the first 24 hours
- Rest quietly, limiting activity to going to the toilet
- Do not shower or bath that night
- You may follow your normal diet
- Ensure you take plenty of fluids
- Limit alcohol & caffeine intake
- When you get up the first few times, rise slowly to prevent any dizziness or light-headedness
- A nurse will call you at home the next working day to check on your progress

### Guidelines to avoid complications

For 2 days:

- Do not drive
- Only perform light physical activities
- Avoid heavy activities such as housework, shopping, gardening, long walks, lifting full washing baskets, taking flights of stairs, etc
- If your angiogram was via the wrist, a sling can be used to remind you to restrict the use of your arm
- Observe the puncture site for bleeding or a lump, or bruising to the groin or wrist
- Gradually increase your level of activity over the following week
- Report any fever, rash, groin lumps or bruising to your doctor
- You may initially experience some tenderness in the groin or wrist, usually relieved by a simple analgesic such as Paracetamol