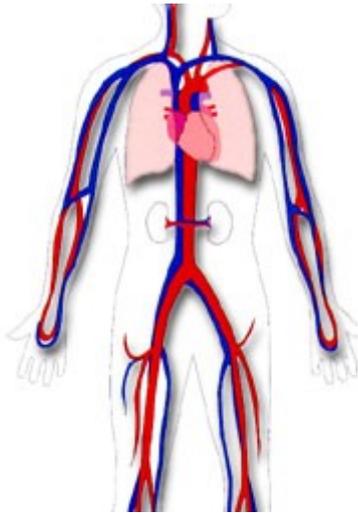


What if there are any complications?

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)
1st Floor, North Block
Opening hours: 7am-8pm

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

CONTACT US

For all enquiries, please contact our 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>

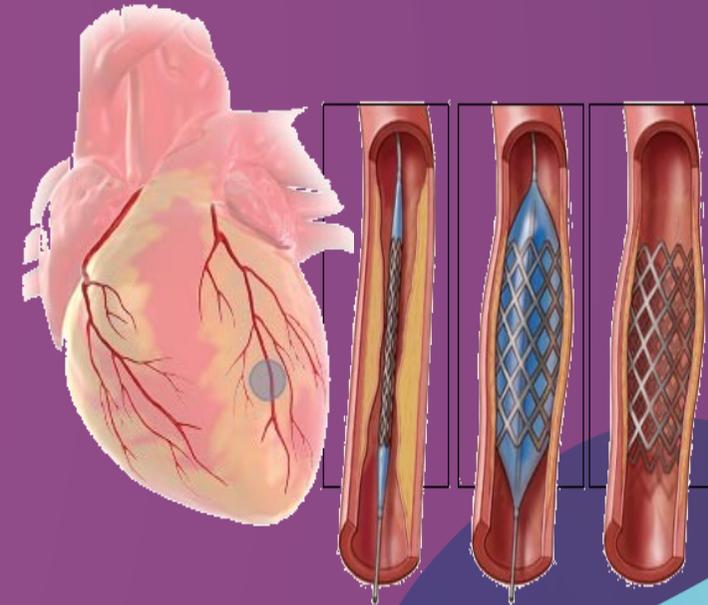
This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as mis-



Western Health

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Cardiac Catheterisation Laboratory



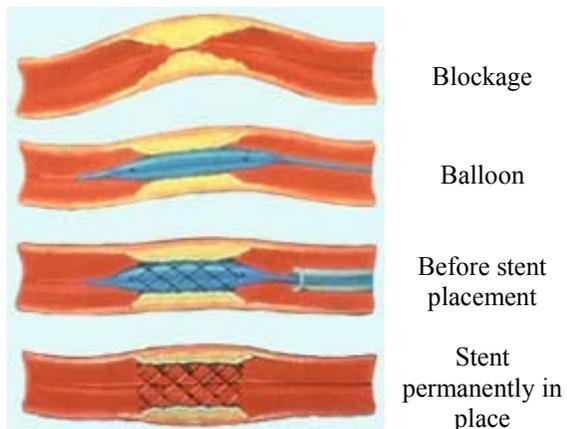
Coronary Angioplasty Patient Information



Western Health

What is a Coronary Angioplasty ?

It is a procedure to open narrowing in the coronary arteries using balloons and/or stents. A Coronary Angiogram is performed beforehand to determine the extent of the narrowing. A stent is a tiny wire mesh tube that permanently remains in the coronary artery to help prevent the blockage from reforming.



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 and blood test will be taken
- a nurse will check your weight, blood pressure and tell you about the procedure
- a doctor will examine you, explain the procedure and the risks, and complete your consent form

- you will also be told which medications to stop and when, as well as starting new medications if required

On the day

Bring all your medications in with you

- You must take your medications as instructed at the Pre-admission Clinic (please call our nurse on 8345-7498 if you are not sure)
- Bring your toiletry bag as you will stay in hospital overnight for monitoring
- Please leave all valuables at home and remove any nail polish
- Present to Admissions on the 1st floor, North Block, at your appointed time
- You may wear your dentures and/or minimal jewellery

During the Coronary Angioplasty

- You must remain still on the X-Ray table
- A nurse will be present to assist you
- Medication is often given to ease anxiety
- Local anaesthetic is injected into the insertion site which may sting briefly
- A very small tube is then inserted into a big artery in the groin/wrist through which the procedure is performed
- You may experience some discomfort or tightness in the chest during the procedure. This is not unexpected

After the Coronary Angioplasty

- The tube may remain in your groin for up to 4 hours during which you will remain in bed
- You will be able to eat and drink whilst resting in bed
- If your angioplasty is performed via the wrist, the tube is removed and a tight band is applied to the site for 2 hours and you may sit up
- You will remain on a heart monitor for the remainder of the day

On Discharge

- You will be expected to be discharged home by 10am the following morning from the Cardiac Care Unit
- 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 accompanied in a taxi and have someone stay with you overnight after discharge
- Do not take public transport home
- Rest quietly
- You may follow your normal diet
- Ensure you take plenty of fluids
- Limit alcohol & caffeine
- When you get up the first few times, rise slowly to prevent any dizziness or light-headedness

Guideline to Avoid Complications

For 2 - 3 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.
- Gradually increase your level of activity over the following week or two according to your doctor's instructions
- Observe the puncture site for bleeding, bruising or a lump to the groin/wrist
- Report any fever, rash, groin/wrist lumps or bruising to your doctor
- You may initially experience some tenderness in the groin/wrist, usually relieved by a simple analgesia such as Paracetamol
- If your angioplasty was via the wrist, a sling may help to remind you to restrict the use of your arm