Discharge Information after a

Coronary Angiogram or Coronary Angioplasty/ Stent Procedure

CARDIAC SCIENCES MANITOBA
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Hôpital St-Boniface Hospital

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Discharge Information after a Coronary Angiogram or Coronary Angioplasty/ Stent Procedure

Please follow these guidelines to help you recover at home after your test:

What to Watch:

Heart Symptoms - Do Not Ignore

If you have any heart pain, pressure or discomfort and you know that you have heart disease, follow your usual routine including:

1) Stop what you are doing, sit or lie down – REST
2) Take your nitro (pill or spray) and wait 5 minutes
3) If you *still have heart symptoms* take one more nitro and get help right away by calling "911" or call your local emergency number for an ambulance.

DO NOT DRIVE YOURSELF TO THE HOSPITAL

Signs of Bleeding

Blood from the site (groin or wrist), a lump under your skin that is growing, or new belly or back pain are all signs of bleeding. If you are bleeding please follow these steps:

Groin site:

Lie down and have someone press down on the site with his or her hand for 5 to 10 minutes, they should use a clean cloth. If the bleeding has stopped stay lying for 1 hour.

Wrist site:

Sit down and press the site with the tips of 2 or 3 fingers for 5 - 10 minutes. After the bleeding stops, do not use your wrist for the next 48 hours.

Belly/back pain:

You must be seen by a doctor so go to an emergency department close to home. If you feel dizzy or faint call "911" or your emergency number for an ambulance.

If the bleeding from the site (groin or wrist) does not stop after 10 minutes call "911" or call your local emergency number *and KEEP FIRM PRESSURE ON THE SITE* until the ambulance staff arrives.

When the bleeding stops you may take off the old band-aid and place a clean one on.

If you have more bruising or bleeding you should be seen by a doctor in 24 hours.

The Catheter Site

You may have a bruise where the tube was put into your groin or wrist. This will go away on its own in the next few weeks. If it does not, please tell your family doctor. It is common to be sore at this site for the next few days. You can take the band-aid off the site 24 hours after the test. Keep the area clean and dry.

Groin site:

You may feel a small lump where the tube went in the artery. If the lump grows or you see more bruising to your groin, bum, hip, or leg you need to see your family doctor or go to an emergency room close to home within 24 hours. *Stay away from bending at your hip for the next 48 hours.*

Wrist site:

A growing bruise or more swelling to the wrist, hand, and arm should be seen by your family doctor or an emergency room close to home within 24 hours.

Go to Your Nearest Emergency Room for:

1) Bleeding from the groin or wrist that does not stop after 10 minutes of firm pressure
2) A growing bruise, a new bruise with pain, or a lump in your groin or wrist that is getting bigger.
3) Any sign of infection such as pain, swelling, drainage, redness, chills, or fever (temperature more than 38.5 C or 101 F by mouth).
4) Severe pain, cold, numb, or a blue foot or hand on the same side as your test.
5) At any time if you see a lump in your wrist that is pulsing. Do not put pressure on the site, this may be a sign of a problem with the artery.
6) Any sign of heart pain, pressure, or discomfort that does not go away with *one* nitro spray or pill.
7) A new itchy rash (hives) on your skin.

Once your health emergency has been taken care of please call the Heart Catheterization Lab at 204 235-3371 to tell them of the problem which sent you to the emergency room.

What to do:

Take your Medications

Take your usual pills unless you have been told not to by the doctor. If you are asked to take a new pill(s) and do not know what they are for please talk to a doctor or nurse before you go home.

Do Take Acetylsalicylic Acid (Aspirin®/Entrophen®/ Novasen®) as your doctor or nurse has asked you to – do not stop this pill unless you have talked to your "heart" doctor. This pill helps stop clots from forming in your heart arteries.

If you have been started on an anti-platelet pill such as: Clopidogrel (Plavix®), Prasugrel (Effient®), or Ticagrelor (Brilinta®), take it the WHOLE TIME that you are told to. These pills prevent clots from forming on your stents.

Do not stop any ANTI-PLATELET pills after you have an ANGIOPLASTY or STENT unless you are told to by your ANGIOPLASTY DOCTOR.

WARNING

If you are asked to stop your anti-platelet pill (even for a short time) by another doctor – MAKE SURE THE DOCTOR HAS TALKED WITH YOUR ANGIOPLASTY DOCTOR BEFORE YOU STOP. The doctor should call the angioplasty doctor who did your test during the day (Monday to Friday) or the angioplasty doctor on call (interventional cardiologist - Evenings and Weekends) before you stop taking these pills.

Hygiene

You may gently wash around the band-aid with soap, rinse, and pat dry. You may take the band-aid off and shower 24 hours after your test. Showers are fine. Do not take a bath or go in a hot tub until your groin or wrist has healed (about 5 - 7days).

Activity

The following are guidelines to help your site heal:

Groin Site:

Do not lift heavy items (*over 5 lbs*), bend for long periods of time or strain (including bowel movements) *for 5 days*.

1) avoid bending at the hip (squatting)
2) limit the use of stairs
3) avoid hard exercise e.g.: skiing, running, cycling
4) sitting for long periods of time

You may go back to your normal activities after 5 days unless your doctor told you not to.

Wrist site:

Do not lift, carry, push or pull anything over *5 lbs* for the next 5 days.

For the first 48 hours do not do anything that uses your wrist. Such as:

1) driving a stick shift (standard transmission)
2) heavy lifting, vacuuming, carrying groceries
3) typing, computer work

4) knitting, wringing clothes
5) sports activities, such as: golf, tennis, bowling, swimming, baseball etc.
6) jobs which require fine motor skills such as hairdressing

Note: You should not sign any legal papers for at least 24 hours after the test because of the drugs that were given to you to help you relax during the test.

Driving

Do not drive any vehicle or operate machines for 24 hours after the test. The doctor will tell you when you are allowed to drive.

Return to work

Please speak to the doctor about when you can go back to work. It will depend on your test results, your heart condition, and your type of work.

Sexual Activity

You may resume sexual activity 7 days after your test if your groin or wrist has healed.

Diet

If you do not have heart failure, drink lots of water to flush the dye through your kidneys. If you have heart failure you should stay within your daily fluid limit.

Do not drink alcohol (including wine and beer) the night of your test.

You should be able to go back to your normal diet once you go home unless your doctor has told you not to. If you are constipated try to eat bran, drink prune juice, or take a stool softener.

Follow-up

For follow-up care, we ask that you make an appointment with your family doctor for about 2 weeks after your test (or as close to 2 weeks as possible). Because you have heart disease it is important to have a family doctor. If you do not have a family doctor please call 204-786-7111 to find a doctor in your area.

This sheet is for general information only. If any of your symptoms come back or get worse you need to see your family doctor or go to your local emergency room.

How to prevent Future Problems:

Prevention of Heart Disease

To help prevent more problems with your heart there are four key areas to focus on: medications, diet, exercise, and quitting smoking.

Cardiac Rehabilitation Programs offer education and support to people who have heart disease. Depending on the results of your angiogram you may be called by staff from a cardiac rehabilitation program. The staff will tell you about the program and the services that you can use to help improve your heart health.

Local programs include:

Reh-Fit Centre in Winnipeg	204.488.8023
Wellness Institute in Winnipeg	204.632.3907
Brandon Heart Program	204.578.4225
Thunder Bay Cardiac Rehab	807.684.6061
The Pas	204.623.9223
Modern/Winkler Pembnina Valley Cardiac Rehabilitation Program	204.361.6043
Portage Cardiac Rehabilitation Program	204.870.1465

Quit Smoking

By quitting smoking *NOW*, your health will start to improve right away. Ask your doctor or nurse for a referral to the Smokers' Helpline (1-877-513-5333). For a list of resources to help you quit smoking please go to http://www.wrha.mb.ca/healthinfo/preventill/tobacco/resources.php.

To learn more, information can be found on the Internet:

Google:

Heart and Stoke Foundation of Canada
- Select your province – Heart and Stroke Foundation of Canada
- Health Information

Cardiac Sciences Program Winnipeg
- Select Cardiac Science program
- For the public
- Patient Information Guidelines
- Coronary Angiography/Angioplasty

American Heart Association
- Select American Heart Association
- Getting healthy and/or Conditions

Hypertension (high blood pressure)
- World Hypertension League
- Select Patients & Public

If you have any questions or concerns, please discuss them with your family doctor.

We wish to thank all HSC, SBGH & WRHA staff who contributed to the development of this pamphlet, as well as representatives from Brandon Regional Health Authority (currently known as Prairie Mountain Health), Heart and Stroke Foundation of Manitoba, the Wellness Institute at Seven Oaks General Hospital and the Reh-Fit Centre.