



مستشفى الزهراء دبي
AL ZAHRA HOSPITAL DUBAI



04 378 6666

P.O. Box. 124412, Al Barsha 1, Dubai, UAE

Fax: +971 4 378 6721

www.azhd.ae



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INSTRUCTION FOR GOING HOME AFTER CORONARY ANGIGRAM PROCEDURE



CARE FOR THE CATHETER INSERTION SITE:

- You may take the water proof dressing off after couple of days of the procedure. The easiest way to do this is when you are showering, get the tape and dressing wet and remove it.
- After the bandage is removed, cover the area with a small adhesive bandage if any bleeding spot is present. It is normal for the catheter insertion site to be black and blue for a couple of days to weeks. The site may also be slightly swollen and pink, and there may be a small lump (about the size of a quarter dirham coin) at the site.

ACTIVITY GUIDELINES:

- Your doctor will tell you when you can resume activities. In general, you will need to take it easy for the first two days after you get home. You can expect to feel tired and weak the day after the procedure. Take walks around your house and plan to rest during the day.

FOR RADIAL PROCEDURE:

- Do not use the wrist used in the procedure to lift more than 1 kg or 2 pounds for 24 hours.
- Do not participate in strenuous activities for 5 days after the procedure. This includes most sports - jogging, golfing, play tennis, football and bowling.
- Do not use a desert buggy, ride in sand dunes, lawn mower, motorcycle, chainsaw or all-terrain vehicle for 48 hours.
- Gradually increase your activities until you reach your normal activity level within 5 days after the procedure.

FOR FEMORAL PROCEDURE:

- Do not strain during bowel movements for the first 3 to 4 days after the procedure to prevent bleeding from the catheter insertion site, you may take a laxative if needed.
- Avoid heavy lifting (more than 5 kg.) and pushing or pulling heavy objects for the first 5 to 7 days after the procedure.
- Do not participate in strenuous activities for 5 days after the procedure. This includes most sports - jogging, golfing, play tennis, badminton, paddle, football and bowling.
- You may climb stairs if needed, but walk up and down the stairs more slowly than usual.
- Gradually increase your activities until you reach your normal activity level within one week after the procedure.

ASK YOUR DOCTOR WHEN IT IS SAFE TO:

- Return to work. Most people are able to return to work within 1 to 2 weeks after an interventional procedure it depends on the nature of your job, physical, desk job as well as your clinical condition, the presentation as stable heart disease or acute coronary syndrome. If you had heart attack, your recovery may be longer. Your doctor will provide specific guidelines about returning to work and resumption of sexual activity.
- Resume driving. Most people with stable angina are able to resume driving within 24 hours after going home or other conditions advice is given on individual basis.

MEDICATIONS:

- If you had a Percutaneous Coronary Intervention (PCI), in common language angioplasty, ballooning or stenting you will need to take blood thinning an antiplatelet medication such as clopidogrel, ticagrelor or aspirin. Do not stop these medications until your cardiologist advises.
- In case of an emergency like any injury, or bleeding, contact your cardiologist on duty, who can advise how to reduce or stop the blood thinning medications. Sudden stoppage can LEAD TO BLOCK IN THE STENT DEVICE.
- If you have diabetes, your doctor may adjust your diabetes medications for 1 to 2 days before and after your procedure. Please be sure to ask for specific directions about taking your diabetes medication after the procedure.

FLUID GUIDELINES: Be sure to drink eight to ten glasses of clear fluids (water is preferred) to flush the contrast material from your system.

IMPORTANCE OF A HEART – HEALTHY LIFESTYLE:

It is important for you to be committed to leading a heart – healthy lifestyle that is regular physical exercises and low fat high fiber diet. Follow the diet advise given by dietician prior to discharge.

FOLLOW UP: Before discharge an appointment with your cardiologist will be arranged.

PLEASE NOTE: It is important to have a regular and timely follow up with the hospital and your cardiologist/physicians. Email: info@azhd.ae or call: +9714 378 6666

If you feel anginal chest pain and other symptoms last longer than 20 minutes immediately take sublingual nitrates spray or tablets as prescribed with 5 minutes interval. If not responsive, then call Ambulance by dialing 999 to arrive immediately to Emergency department with family or friends.