



After your angiogram (Cardiac Care Unit)

You have had a coronary angiogram, during which a thin catheter (tube) was inserted into an artery – either in your wrist or groin. This leaflet provides information and advice following this procedure.

Directly after your procedure

- Ideally, you should have someone with you during the first 24 hours after your angiogram.
- You will be given advice about pain relief and any medications you may need to take in your discharge letter.
- The dressing over the catheter entry/exit site can be removed after 48-72 hours.
- Avoid strenuous activity; take it easy for a day or so.
- If the angiogram was in your wrist, you can bathe or shower as normal.
- If it was through your groin, a closure device was used to seal the puncture site. Avoid taking a bath for 3-4 days after the procedure to minimise the risk of complications, but showering is usually allowed.

Possible problems to look out for after your angiogram

Complications are rare but can happen within the first 24 hours so it is important to know what action to take if a problem does occur.

- **Bleeding** – if this happens, you or a companion should apply firm pressure, using the fingers, directly over the wound site. A nurse will show you how to do this before you go home. Bleeding should stop within 10-20 minutes. If bleeding continues after this, dial 999 for an ambulance or ring NHS 111 to get booked into the nearest Emergency Department (A&E).
- **Bruising** – it is quite common for bruises to develop around the wound site the day after the angiogram. However, if you think the bruising and swelling is increasing in size, telephone the Cardiac Care Unit for advice on 0118 322 6689.

Useful contacts

Royal Berkshire Hospital 0118 322 5111
Cardiac Care Unit 0118 322 6684

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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