



Royal Berkshire
NHS Foundation Trust

After your angiogram

Jim Shahi Unit

Tel: 0118 322 6502

You have had a coronary angiogram, in which a thin catheter (tube) was inserted into an artery – either in the wrist or groin area. This leaflet outlines information and advice you should follow to help speed up your recovery from this procedure.

You must be collected from the Jim Shahi Unit by a responsible adult and you must not drive. You will be told your estimated time of discharge when you are admitted for your angiogram.

At home

- Ideally, you should have someone with you during the first 24-hours after your angiogram.
- When you get home, it is recommended that you rest, keeping your leg (or arm – wherever the catheter was inserted) straight for as long as possible during the first 24-hours.
- Avoid moving around too much, especially up and down stairs.
- Avoid taking a bath or shower until the following day. It is important to keep the puncture site (where the catheter was inserted) dressing dry and clean. If you have a sealing device in your groin (your doctor or nurse will tell you if you have), you can take a warm shower the following day, but do not take a bath for four days.
- Unless your doctor tells you otherwise, you can restart taking any regular medicines you are on after your angiogram.

Possible problems after your angiogram

Complications are rare but can happen within the first 24-hours and 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 puncture 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, you will need to seek medical attention. Dial 999 for an ambulance or get someone to

take you to the nearest Accident and Emergency Department. Take this leaflet with you.

Bruising – it is quite common for bruises to develop around the puncture site the day after the angiogram. However, if you think the bruising and swelling is increasing in size, telephone the cardiac support nurses on the number below.

Returning to normal

We recommend that you do not drive for 24 hours. We also advise that you should have at least one day off from work following your angiogram and take things easy for a day or two.

If you need further advice or have any concerns, contact the cardiac support nurses on: (0118 322 6638 (Monday to Friday, 9am-5pm).

Useful contacts

Royal Berkshire Hospital	0118 322 5111
Jim Shahi Unit	0118 322 6502
Cardiac Appointments	0118 322 6676
Cardiac Support Nurses	0118 322 6638
Cardiac Care Unit	0118 322 6684
Trust website:	www.royalberkshire.nhs.uk
NHS 111:	111
NHS website:	www.nhs.uk
British Heart Foundation:	www.bhf.org.uk

West Berkshire Heart Support Group – ‘Heartbeats’

The local heart support group hold regular monthly meetings in Reading, Earley and Newbury. For details see Heartbeats magazine, posters or ask nursing staff for details. www.heartbeats-berkshire.co.uk

Cardiac Fund

The Cardiac Fund was set up with the purpose of providing cardiac services which may not otherwise be available through NHS resources. Our Cardiac Laboratory (Jim Shahi Unit) was largely

equipped through the fund and many other areas in the department have also benefitted from equipment and staff training. In order to expand these facilities and to remain up to date with the technological advances, further donations are greatly needed and appreciated.

How to donate

You can donate to the Cardiac Fund U226 in a number of ways (please ensure you quote the fund code U226 when making a donation):

- Cheques: Please make your cheques payable to the 'Royal Berks Charity Cardiac Fund U226 and post to: Royal Berks Charity, South Block Annexe, Royal Berkshire Hospital, London Road, Reading RG1 5AN. Please include your address details so we can acknowledge receipt of your donation and, if applicable, we can send you a Gift Aid form to further boost your donation if you are a UK taxpayer.
- Cash: If you wish to donate by cash, please bring your donation directly to the Charity Office or leave with Main Reception along with your contact details. The Charity Office is located upstairs in South Block Annexe.

For safety reasons, please do not send cash in the post.

- Credit and debit card: We accept donations through all major credit and debit cards. Please call us on 0118 322 8860 and quote Cardiac Fund U226.
- Online: To donate please visit www.royalberkshirecharity.co.uk and click on the 'Donate' button. In the message box please quote Cardiac Fund U226.

This document can be made available in other languages and formats upon request.

Written by the Department of Cardiology

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