

Femoral Access – Cardiac Angiogram Discharge Instructions

Activity

- Rest at home in bed or in a recliner chair until the morning after the test.
- Keep the leg with the bandage as straight as you can.
- Do not sit up straight except on the toilet, until the next day.
- Do not bend or squat for 48 hours.
- Do not lift anything over 10 lbs for 3 days.
- Get up only to use the toilet and to go to bed.
- If you must use stairs, climb with your good leg, dragging the other one up to the step.
- Press firmly on the bandage if you cough or sneeze.
- Do not do any sports, heavy work or lifting for 2 days.

Driving/sexual activity/going back to work

- Ask the doctor who did your test when you can drive, resume sexual activity and go back to work

Bandage

- Keep your bandage dry during the evening and night after the test.
- No bath or shower until the morning after your test.
- Take off the bandage in the morning.
- Do not put another bandage on.

If you have bleeding

If you rest as you are told you should not have any bleeding or swelling. Signs that you may be bleeding are: tightness, stinging, pain, warmth, wetness where the puncture site was put in your groin.

If you do have bleeding or swelling, you must:

- Lie down on the floor.
- Press hard on the bandage while you wait.
- The person with you can take off the bandage.
- Check to see if there is bleeding or swelling under the tiny test hole, or wound puncture site or wherever there is swelling.
- The person must press hard one (1) inch above the tiny hole for 15 minutes.
- Press hard enough to feel a heart beat under your fingers.
- Do not stop pressing.

cont'd...see over

If you have bleeding (cont'd)

- You will know if you are doing it right if:
 - The bleeding stops right away.
 - The swelling is not getting any bigger or any harder.
- If there is still some bleeding or if the swelling is getting bigger or harder move your finger a little and keep on pressing.
- Stay on the floor for 1 hour before getting up.
- After 1 hour, you may get back on the couch, recliner, or bed.

**** If the bleeding does not stop or if the swelling gets bigger or harder, call an ambulance. ****

If you have any of the following during the week after your angiogram, go to the nearest hospital right away.

- **Of the leg:** numbness, tingling, weakness, swelling, too cold, too hot.
- **At the place where the needle went in:** redness, too hot, fluid leaking out.

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