

After an Angiogram

Discharge Instructions

- 1 Rest quietly at home and avoid strenuous activities for the rest of the day following the procedure (i.e. avoid stairs, bending down, sitting upright and excessive walking).
NO strenuous activity for a minimum of 2 days.
2. In the event of a bleeding or swelling underneath the skin, apply firm pressure approximately 1" above the puncture site area for 15-20 minutes.
 - If bleeding or swelling persists after applying pressure, call "911" or local emergency.
 - If bleeding or swelling stopped, continue bedrest for 2 more hours. Notify your radiologist or your family doctor for any further instructions for follow-up.
3. If any of the following occurs:
 - drainage or swelling at puncture site (groin area)
 - fever greater than 38°C (101°F) or having chills
 - increasing coldness to one leg compared to the other leg
 - color of a leg turning bluish instead of your normal skin tone colour
 - numbness or tingling sensation of either leg
 - changes in strength of either leg
 - any weakness noted in either leg

If it is between **8:00 am - 3:30 pm (Monday - Friday)**, you should call your radiologist in Vancouver General Hospital at **604-875-4111 (local 68612)**.

Otherwise, call your family doctor or go to the nearest hospital.

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