

**Patient
Information**

Cardiac catheterisation discharge information

Introduction

This leaflet provides you with important information for when you are discharged from hospital after having a cardiac catheterisation.

General information

You can return to your normal daily activities (for example bathing, dressing, leisurely walking) the day after your procedure. However, please make sure that you follow the instructions below:

- Do not lift loads heavier than 4.5 Kgs (10lbs) for 3 days following your cardiac catheterisation.
- Do not take part in strenuous physical activity for 1 week (such as gardening, tennis, swimming, golf, weight lifting, cycling).
- When bathing do not rub or scratch the wound area or have the water too hot.
- If the procedure was performed through the wrist, you should avoid excessive use of the affected hand for 3 to 4 days.
- If the procedure was performed through the groin avoid excessive bending or stooping from the waist for 3 days.
- Climb stairs at a slow steady pace for the next 2 days.
- Do not drive for 2 days.

Wound care

The plaster or dressing over the wound can be removed the day after your procedure.

Keep your wound clean and dry. Avoid using lotions, powders and ointments around the wound for 1 week.

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Wound healing

Your wound should remain soft and dry. Some bruising or a 'pea' like lump may be present for 2 to 3 weeks after your procedure.

Contact your GP as soon as possible if you have any of the following symptoms:

- Signs of infection such as the wound site turning red, being hot or swollen or leakage from the wound.
- The lump at the wound site gets larger.
- The area of bruising increases with discolouration up to the elbow or into the thigh, over the buttock or into the groin.
- You have a fever; you are shaking or have chills in the 2 days after your procedure.
- You have numbness or tingling in the affected arm, hand, thigh or leg.
- You have new calf tenderness or pain.
- You have pain at the wound site that makes using your hand or walking difficult.
- You have swollen ankles or feet.
- The skin of your affected hand, leg or foot becomes pale or cold.

If your cardiac catheterisation was performed through the groin, a collagen plug (Angio-Seal™) may have been used to seal the artery. If so, you will be given a card to keep with you for 90 days. Staff will give you further advice and instructions before you are discharged from the ward.

Bleeding

If you suffer a small bleed from the wound site:

- Lie flat.
- Apply firm direct pressure to the wound site for 10 to 15 minutes. If possible, have another person apply the pressure.

The bleed should stop. Make sure that you take it easy for the rest of the day.

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If any of the following happens:

- The puncture site continues to bleed.
- There is an increase in swelling of the area around the wound site.
- A jet of blood pumps from the wound site.

You will need to apply firm, direct pressure to the wound site and call the Emergency Services on 999 immediately.

Medication

Unless otherwise instructed by your consultant, continue with your usual medication. If your medication needs to be changed, this will be explained to you before you are discharged.

If you are taking an anticoagulant medication such as warfarin, unless you are told otherwise by your consultant, please start taking again from the evening of discharge.

If you have diabetes and you are insulin dependent, please continue with your usual insulin regime.

If you normally take metformin you will need to stop this for 2 days after your procedure.

Contact information

If you have any problems, questions or concerns, please contact:

Cardiology Day Case Unit (CDCU)

Gloucestershire Royal Hospital

Tel: 0300 422 2994

Monday to Friday, 7:45am to 5:00pm

Outside of these hours please contact:

Cardiology Ward

Gloucestershire Royal Hospital

Tel: 0300 422 4011 / 8405

Alternatively contact your GP, practice nurse or NHS 111.

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Further information

For more information please visit:

British Heart Foundation

Website: www.bhf.org.uk

Procedure information

Consultant: _____

Procedure:

Results and treatment plan:

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>