

## 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 hip with the bandage as straight as you can.
- Do not bend or squat for 48 hours.
- 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 7 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 angiogram/procedure.
- No shower until the morning after your test.
- Take off the bandage in the morning.
- Do not put another bandage on.
- No bath or hot tub for 7 days.

### 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.
- 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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