

# Angiography After Care (Femoral Approach)

Information for patients, relatives and carers

① For more information, please contact:

Vascular Imaging Unit

Telephone: 01904 726065

York Hospital, Wigginton Road, York, YO31 8HE

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## About this leaflet

This leaflet tells you about aftercare following a procedure known as an Angiogram, using the femoral (groin) approach.

## How much should I do at home?

On discharge you are advised to take plenty of rest over the following couple of days. Gradually build up your activities to your normal level.

## Household jobs?

- Avoid lifting any heavy weights (this includes small children) for the first two days.
- Avoid pushing and pulling. For example: mowing the lawn, vacuuming.

## What should I do if my puncture site starts to bleed?

You may have a small bruise and a small pea sized lump. This is normal and there is no need to worry.

If a lump larger than a 50 pence piece appears, follow instructions for heavy bleeding.

### Light bleeding (Less than a thimble full)

- Should stop quickly with rest.

### Heavy Bleeding

- Call for someone to help
- Lie flat
- Ask your helper to press firmly on the wound site, call **999**, stating you have an **arterial bleed**.
- Continue to press until the ambulance arrives.

### Contact your GP if any of the following occur

- Fever
- Persistent tenderness in your groin
- Redness and warm to touch
- Numbness, tingling, pain or swelling in your leg

### Other complications

If you experience any complications other than those listed above, please call the Vascular Imaging Unit on 01904 726065 (Monday – Friday 8am to 5pm) or Ward 11 (and ask for the Vascular Registrar on call) on 01904 726011 if outside of these hours.

### What about my medication?

Please continue with your medication unless your doctor advises differently.

If you are taking Warfarin, please ask the nurses before your discharge when you should start this again.

If you are taking Metformin, restart your usual dose 48 hours after discharge.

## **What about returning to work?**

- If you are employed, you should have the following day off work.
- If your job includes physical work, you should have two to three days off work.
- If you had a stent insertion, you should take one week off work.

## **What about driving**

You are advised not to drive for two days, even if your car is an automatic. Emergency braking may be harmful.

## **Personal Hygiene**

Avoid hot baths. Take a cool bath or shower for the next couple of days. Keep your wound clean and dry. If a scab has formed, please do not remove it. Allow natural healing to occur. Do not use talcum powder and creams for two days.

## **When about sexual relationships?**

You should be able to resume your normal sexual relations after two days.

## **When do I get my results?**

If your results were not discussed with you while in the Vascular Imaging Unit, your doctor will discuss these with you at your next Outpatient appointment.

## **What can I do to help myself?**

Think about your lifestyle. Do you:

- Do you smoke? Try reducing. To find your local free Stop Smoking Service ring 0800 848484.
- Do you drink alcohol? The recommended limits are 14 for women and men per week.
- Eat Healthily - a high fibre, low salt, low saturated fat diet is recommended. If you feel you are overweight, discuss weight reduction with your GP.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Dr R Gali, Consultant Radiologist, Department of Radiology, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726065.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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