

Post Arteriogram Discharge Instructions

Dr. _____

Telephone _____

- Return Visit Date and Time: _____
 Call your doctor's office for an appointment

If you have questions about the results of your test, call your doctor. We may give you some idea of the results, but it is your treating physician who must make decisions based on the information.

If you have any questions about problems relating to the test after returning home, contact us or your doctor.

GENERAL INSTRUCTIONS

- Drink plenty of fluids for the next 24 hours.
- Watch for bleeding from the puncture site (usually the groin). A bruise at the site is common. This often becomes larger over the first few days following the procedure and you may feel a hard lump at the site. This is normal.

IF BLEEDING OCCURS FROM THE PUNCTURE SITE

- Remove the dressing if it is still on.
- Apply firm continuous pressure directly over the bleeding area for 20 minutes.
- Use ice packs (15 minutes on/15 minutes off) for the next 6 hours.

IF SIGNIFICANT SWELLING OCCURS AROUND OR UNDER THE PUNCTURE SITE

- Use ice packs (15 minutes on/15 minutes off) for the next 6 hours.

NOTIFY YOUR DOCTOR IMMEDIATELY IF

- Bleeding is very heavy or blood is spurting out. Have someone call 911 or an ambulance and go to the Emergency Room.
- You experience "new" numbness, tingling, coolness, or paleness in your leg or foot.
- You experience pressure, tightness, or discomfort in chest, arm, or throat (new or prolonged)
- Shortness of breath is unrelieved by rest.
- You have chills or fevers and a temperature over 100.5° F

DRESSING CARE

Remove your bandage [one day] [two days] [other]_____.

May have a bath or shower if not dizzy [one day] [two days] [other]_____.

ACTIVITY

No heavy lifting, pushing, or pulling or any strenuous activity for [one day] [two days]

[other] _____.

MEDICATIONS

Resume all medications when you return home unless instructed not to do so. If bleeding or swelling is a problem, ask your doctor if blood thinners should be taken until the bleeding or swelling has been controlled (aspirin products, coumadin).

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