**Discharge instruction post angiogram/angioplasty**

*by Patrik Tosenovsky, MD*

1. Arrange someone to drive you home after procedure
2. After you get home, take it easy, do not lift anything heavy and do not exercise. Ideally if you stay in bed or arm chair.
3. You should have another person nearby to help you out or assist you for next 12-24 hours.
4. If you notice significant bleeding in the puncture site or growing lump (usually size of a golf ball), put a manual pressure on it and call your doctor immediately. You might need transport to the hospital.
5. At home you resume your normal diet, take your medication as usually.
6. Do not take a hot bath after procedure but you can have a brief shower.
7. The puncture site should be covered for 24 hours with a dressing. If it gets wet or peels off please change the dressing yourself.
8. If you have any uncertainty, if you feel clammy or very weak, fainting or looking pale call a doctor immediately (or ambulance).
9. If you did not get any other instruction please book your appointment with your specialist in 2 weeks after surgery. You will also need an ultrasound scan and the form should have been given to you.
10. Your GP will receive a letter from your specialist but you can also visit your GP in the meantime if you have any issues.