

After an angiogram, your nurses will review these instructions with you before you go home.

## What Can I Expect After an Angiogram (Arteriogram)?

- **Keep your affected leg straight when lying or sitting.** Avoid excessive movement.
- **Observe the puncture site for drainage, bleeding or redness.** Keep the adhesive bandage on the puncture site for 1 day and then remove it.
- **Resume your usual diet.**
- **Drink plenty of fluids (except alcoholic beverages) for up to 8 hours following your procedure, unless otherwise directed by your doctor.** Extra fluids will help flush the intravenous x-ray contrast from your body out into the urine.
- **Rest following your angiogram.** Rest helps to prevent added stress on the angiogram puncture site.
- **Avoid the following activities for 24 hours:**
  - Bending
  - Lifting heavy objects
  - Climbing up and down stairs
  - Showering
  - Driving
  - Vigorous activity
- **It is recommended that you stop smoking.**
- **For patients with diabetes:** Be sure to check with your doctor about taking your usual medications. For diabetic patients taking Glucophage (Metformin), you may need to stop the medication for 24 hours after the procedure.

## What Symptoms Do I Watch for When I Go Home?

Complications are very uncommon following an angiogram. However, if you have any bleeding from the angiogram puncture site, lie down flat and apply pressure over the site for 15 minutes.

### Call Your Doctor:

- For bleeding that continues after you have applied 2-3 fingers pressure to the puncture site for 15 minutes.
- You develop a "golf ball" size lump or bruise over the puncture site area.
- You feel lightheaded, dizzy, clammy, or faint.

## When Will I Get the Results of My Angiogram?

Your primary doctor or surgeon will give you the final results of your angiogram later that day or in a follow-up office visit.

## More Ways to Learn

- The Cardiac Rehabilitation Program offers an exercise program for patients with heart and circulatory disease. Call (415) 600-3361.
- The Community Health Resource Center (CHRC) offers consultations on smoking cessation. Call (415) 923-3155 for more information.
- For more information on smoking cessation, call 1-800-NO-BUTTS.

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).