

## WHAT HAPPENS AFTER MY ARTERIOGRAM?

### Discharge Instructions

**If you are having an arteriogram done as an outpatient:** you will stay in the hospital for four to six hours in an observation room after your arteriogram is completed. You will be able to eat and drink. Hospital staff will watch over you to make sure you are all right and that you do not bleed where the catheter was inserted into your artery. Have someone else drive you home after your procedure. You may NOT drive yourself home. When you get home sit or lie down for the rest of the day. Get up only to go to the bathroom or to eat.

***After you go home:***

- DO have responsible adult remain with you until the next morning.
- DO use Tylenol (one or two regular strength every four to six hours) for mild discomfort at the arteriogram site.
- DO relax and take it easy until the next morning.
- DO drink plenty of fluids (avoid alcohol).
- DO resume your regular diet.
- DO keep a dry bandage on the catheter site for a day.
- DO resume your regular medications (except Glucophage should be held x 48 hours).
- DO NOT drive or run machinery for 48 hours.
- DO NOT do any strenuous exercise or lifting for 24 hours.
- DO NOT take a hot bath or shower for at least 24 hours.
- DO NOT smoke.

You may develop a bruise at the puncture site. This should go away within a week to 10 days.

***Call you doctor immediately if:***

- You start to bleed or swelling occurs where the catheter was inserted. If this happens, lie down flat and apply pressure on the bleeding area for 15 minutes. If the bleeding persists, reapply pressure, call 911 and have the ambulance take you to the nearest emergency department.
- There is numbness, coolness, or a change in color of the arm or leg where the catheter was inserted.
- You experience severe pain or redness at the site.

If you have any concerns or questions after you arrive home, please call your physician.

Discharge instructions have been explained to the patient. The patient or adult responsible for the patient fully understands the instructions.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Patients signature: \_\_\_\_\_

Nurse's signature: \_\_\_\_\_