

**Rajaie Cardiovascular, Medical and Research Center
Tehran, Iran**

Discharge Training after angiography /angioplasty

When you are visited by your doctor or the assistants, the discharge order will be written and you are informed by the ward nurse or secretary. After paying off the bills by you and handing over the discharge paper to the secretary, you are given your file and procedure summaries, and the necessary trainings.

Nutrition;

- Loss of appetite (anorexia) and nausea can be an important signal and should be notified to your doctor.
- Have food in several times with less volume.
- Have low fat and low salt foods.
- You may become constipated, so you can have fruits, vegetable, lettuce, beans and high-fiber foods.
- Keep your weight in a normal range.

Activity Guidelines;

In general, people who have angioplasty can walk around after 6 hours from the procedure. Complete recovery takes a week or less. Keep the area of catheter insertion dry for 24 to 48 hours.

If your groin area has been used for catheter insertion:

- Walking short distances on a flat surface is okay. Limit step up and down stairs to around 2 times a day for the first 2 to 3 days.
- Do NOT do hard work, drive, squat, carry heavy objects, or play sports for at least 2 days, or until your doctor tells you it is safe.

If your arm or wrist has been used:

- Do NOT lift anything heavier than 10 pounds (a little more than a gallon of milk) with the arm that had the catheter.
- Do NOT do any heavy pushing or pulling with that arm.

Wound care;

- Should bleeding or swelling occur, apply manual pressure directly over the access site and report to the nearest hospital for evaluation. The patient must be taught to seek immediate medical care if they experience loss of sensation, redness, swelling or discharge at the procedure site. For minor discomfort, the patient may take acetaminophen as prescribed, elevate the affected arm and apply an ice pack for comfort and swelling. The patient must have a 24/7 call back number on hand. They must get verbal and written post-procedure instructions.

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Bath;

- Wash the catheter insertion site at least once daily with soap and water. Apply soapy water on your hand or washcloth and gently wash the insertion site; do not rub.
- Keep the area clean and dry when you are not allowed to shower.
- Do not use creams, lotions or ointment on the wound site.
- Wear loose clothes and loose underwear.
- Do not take a bath, tub soak, go in a Jacuzzi, or swim in a pool or lake for one week after the procedure.

Sexual activities;

For a catheter in your groin, arm, or wrist:

- Avoid sexual activity for 2 to 5 days. Ask your doctor when it will be okay to start again.

When to Call the Doctor;

Call your doctor if:

- There is bleeding at the catheter insertion site that does not stop when you apply pressure.
- There is swelling at the catheter site.
- There is a color change on your leg or arm below the catheter insertion site, or when the told places are cool and numb.
- The small incision for your catheter becomes red or painful, or yellow or green discharge is draining from it.
- You have chest pain or shortness of breath that does not go away with rest.
- You feel, your pulse is irregular -- very slow (fewer than 60 beats), or very fast (over 100 to 120 beats) a minute.
- You have dizziness, fainting, or you are very tired.
- You are coughing up blood or yellow or green mucus.
- You have problems when taking any of your heart medicines.
- You have chills or a fever over 101°F.

Medications;

- Please review your medications with your doctor before you go home. Ask your doctor if you should continue taking the medications you were taking before the procedure.
- If you had a percutaneous intervention (PCI), you will need to take an antiplatelet medication such as clopidogrel, prasugrel or ticagrelor. Do not stop this medication until your doctor tells you to.
- If you have diabetes, your doctor may adjust your diabetes medications for one to two days after your procedure. Please be sure to ask for specific directions about taking your diabetes medication after the procedure.
- Depending on the results of your procedure, your doctor may prescribe new medication. Please make sure you understand what medications you should be taking and how often to take them.

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Follow up;

After a month of your discharge u will visit by your doctor again, after discharge and taking your drugs it's better to check it with your nurse.

Total info. About the drugs

Row	Name	Forms of Drugs	Therapeutic effect	Notes
1	Aspirine ASA	800 – 100 325-500 mg	Anti-Inflammation Pain killer Reduce Platelet Activity	<i>in case of bleeding from gum or bruise Or Fecal blood loss Be sure to see your doctor. Because of Gastrointestinal side effects with one glass Of milk or fruit juice after meals. The patients who has Asthma and active peptic ulcers not allowed to use.</i>
2	ATORVASTATIN	10 – 20 – 40 mg	Decrease the blood fat LDL	<i>you can take drugs before any meals. – 6 Weeks after the Liver function tests must be check. Have Low fat diet and regular exercise. In case of Using at the same time with DIGOXIN, ask your Doctor.</i>
3	CAPTOPRIL	25 – 50 mg	Decrease the blood pressure and heart Muscle strengthening	<i>its better to take one hour before laun Low salt diet. Cough is common. In the case of outbreak of Cough and Swollen eyelids,eyes,lips,tounge or Respiratory and skin problems see your doctor. Keep avoid heavy exercises and sudden changes from sleep forms from sitting or standing.</i>
4	DIGOXIN	0.25 mg	Control Heartbeat and heart failure	<i>must be take at every morning and in Hours. Forgotten dosage can be taken until 12 hours later. Learn how to take a pulse and with beats between 60-100 Takes. Take the drugs with milk and juice. nausea and vomiting, erratic heart beats, Hallucinations and Anorexia is The sign of Poisoning and must be refer to your Doctor.</i>
5	FUROSEMIDE	40 mg	Decrease blood pressure- Increase Urination and The fluid retention	<i>take the drugs with meals or milk. Hav potassium diet Such as banana- Tomato – date – Lettuce- Dried fruit- And Walnut</i>

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6	<i>HYDROCHLORTHALIDONE</i>	50 mg	Decrease blood pressure and increase the Urine volume	<i>in the morning take in the specify hour. Enuresis does not bother you. in the diabetics peoples, Blood sugar must be check regularly. evening take at 6 pm.</i>
7	ISOSORBIDE	10 – 40 mg	Anti-heart pain- Vasodilator-decrease the blood pressure	<i>this drug is effective on heart pain prevention. Headache is the a common complication of this that is Can be solved with pain killer. If you have continuously and hard headache refer to your doctor. Facial flushing and tingling of the tongue is the side effects of this drug. cure effects after one week is visible. Learn how to take a pulse and with beats between 60-100 Takes. This drugs must not stop suddenly. For diabetes person's blood sugar must be checked regularly.</i>
8	METOPROLOL	50 – 100 mg	Decrease the heartbeat and blood pressure	<i>Taking this medicine apt the patient to bleeding and must care about heats and cuts and in the case of bleeding from Gums or nose or bruises on the body, drugs must be stopped and refer to your doctor.</i>
9	<i>PLAVIX</i>	75 mg	Antiplatelet- Blood thinner	<i>usually this drug started in the same time with Heparin and compatible dosage specify with performing the blood test. And never gone over or before the dosage. Use the medicine every day in specify times.in the case of bleeding from gums or nose or bruises on the body, drugs must be stopped and refer to your doctor.</i>
10	WARFARIN	5 mg	Anti-coagulation and Blood thinner	<i>this drug is effective on heart pain prevention. Headache is rarely visible. Keep away from humidity and light. In the case of Blurred vision or Dry mouth stopped to take and refer to your doctor</i>
11	NITROGLYCERIN	2.6 – 6.4 mg	Anti-heart pain- Vasodilator	

With the Healthy life wishes for you dears.

Ward Tel No. 021-.....