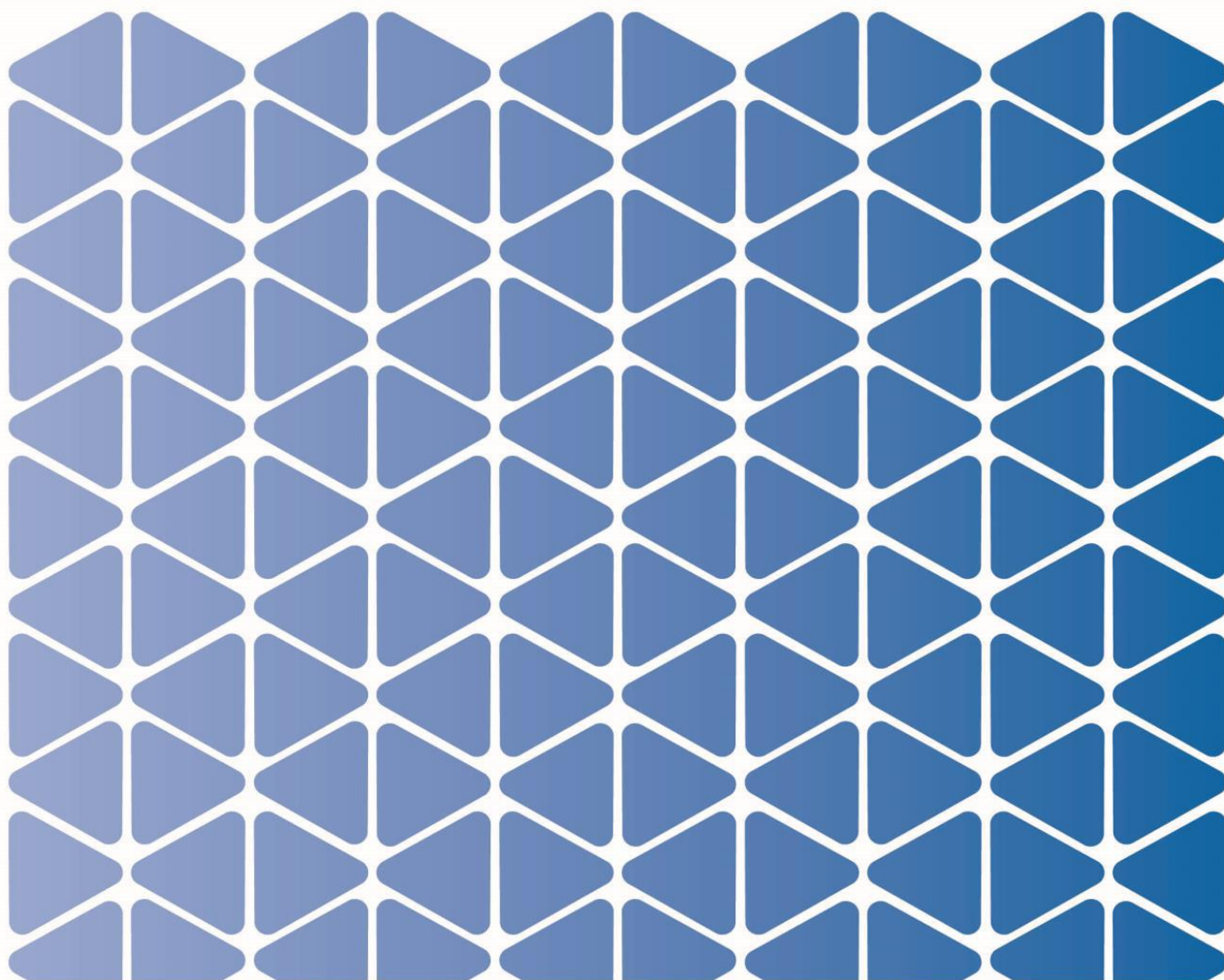


PATIENT INFORMATION

ADVICE AFTER CARDIAC CATHETERISATION



Please read this leaflet and follow the instructions carefully.

You have had a test with a thin tube inserted into the artery at the top of your leg or in your wrist. After the test:-

- It is best to have someone with you for 24 hours.
- Have a quiet time for 24 hours. Movement of the leg / arm should be minimised to reduce the risk of rebleeding from the groin / wrist.
- Do not drive for 24 hours.
- Do not take any vigorous exercise for 48 hours. Also avoid any strenuous activity, including heavy lifting such as a full bag of shopping, or housework such as vacuuming during this time.
- Ordinary walking around your home and garden is fine.
- Keep the puncture site clean and dry.
- Take your tablets as usual unless we have instructed you otherwise.

PROBLEMS ARE NOT COMMON BUT YOU NEED TO KNOW WHAT TO DO IF THEY OCCUR:

Bruising

A small bruise around the puncture site is common and sometimes this may spread down the leg / arm over the next few days. This does not need any action.

It is also common to develop a small lump (about the size of a pea) at the puncture site. This will gradually disperse. Paracetamol can be taken to relieve any minor discomfort. If a larger lump develops, or there is swelling around the puncture site and particularly if this is increasing or is painful, you should contact your GP so that it can be checked.

Bleeding

If this happens it is important to apply very firm pressure over the puncture site. This is not easy to do yourself and is best done by someone else. The nurses will show you how to do this before you leave. Pressure should be applied for at least 10 minutes.

If bleeding continues whilst pressure is being applied, if it continues after 10 minutes pressure, or if you start to feel faint or unwell, you should get urgent medical help - either call an ambulance (999) or get someone to take you to the A & E department of your nearest hospital, maintaining pressure over the puncture site during the journey.

If you are at all worried about any aspect of your recovery at home, please contact your GP.

CONTACT DETAILS

If you have any specific concerns that you feel have not been answered and need explaining

Nursing Staff
Cardiac Catheter Suite
Worcestershire Royal Hospital
Monday - Friday
7.00am - 8.00pm
Tel: 01905 733205

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.