

Radial Access Angiogram Discharge Instructions

How will a Radial Access Angiogram affect me?

You received local anesthesia at your procedure site on your hand or forearm during your angiogram. As the local anesthesia wears off, you may feel some pain and discomfort from your procedure. Your hand and forearm may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may resume showering 24 hours after the angiogram.
- Do not submerge or soak the affected arm in a sink, tub or pool of water for 5 days after your procedure.
- Rest for 24 hours except to go to the bathroom or eat a meal.
- Avoid physical activities including lifting more than 2 pounds, pushing and pulling for 48 hours after your procedure. Then lift no more than 10 pounds for two weeks after your procedure.
- Avoid activities with repetitive wrist activity such as typing for 48 hours after your procedure.
- Avoid recreational activities like tennis or bowling for 48 hours.
- Do not operate a lawnmower, motorcycle, chainsaw or all-terrain vehicles for 48 hours.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do except for the following:
 - Blood thinners: Talk to your doctor for instructions before taking blood thinners.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- You can remove the band aid from your procedure area 24 hours after your procedure.
- If swelling or bleeding develops at the puncture site do the following:
 - Sit down and hold pressure to the site with 1 or 2 fingers
 - Release pressure after 5 minutes to see if the bleeding has stopped.
 - If the bleeding has stopped, gently clean the area and place a band aid over the area.
 - If the bleeding does not stop after 30 minutes, call 911 for assistance.
- You will get test results from the doctor who ordered your procedure 3-5 business days after your procedure.
- You will receive follow up care from your doctor who ordered your procedure.

When should I call 911?

Call 911 anytime you think you need emergency care or if you have any of the following signs and symptoms:

- Shortness of breath
- Chest pains
- Loss of consciousness – (if you passed out or fainted)
- Uncontrolled bleeding from procedure site

When should I call Interventional Radiology?

Call Interventional Radiology if you have any of the following signs and symptoms:

- Fever (greater than 100.6°F)
- Bleeding, swelling or increased pain at procedure site
- Redness, swelling, red streaking or pain at IV site or procedure site
- Extremity with procedure site turns cool, cold or blue

What is the number to call?

- Between 8am and 5pm Monday through Friday, call Interventional Radiology at 734-936-4536.
- After hours, on weekends and Holidays please call 734-936-6267 and ask to speak with the Interventional Radiologist on call.

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