



## Peripheral angiography

### *Discharge instructions*


*If you have questions that are not answered by these instructions, please ask your nurse or doctor.*

You have had a **peripheral angiogram**. This is a test that allows your doctor to look inside your arteries. To do the test, a small puncture was made in one of your arteries.

Please follow these instructions as you recover from this procedure.


- You should not drive for 48 hours after the procedure.
- Go back to taking any medicine you were on before, unless your doctor has told you otherwise.
- You may take acetaminophen (Tylenol) every 6 hours as needed for pain in the area where the catheter was placed. If pain is not relieved with acetaminophen, contact your doctor.
- **For at least one week**, you should not lift, push, or pull anything heavier than 10 pounds or do any exercise that causes you to hold your breath and bear down with your abdominal muscles.
- One week after the procedure, you may resume your regular activities, including sexual activity.
- After one week, we suggest that you begin your exercise program at half your usual routine for the first few days, then gradually work back to your full routine.
- You should not bathe or swim until the puncture site is healed. This usually takes about a week.
- You may remove the Band-Aid over your puncture site and shower tomorrow.
- You may notice a small bruise around the puncture site. This is normal and will go away in 1-2 weeks.
- Ask your doctor when you may go back to work. This will depend on the type of work you do.

- **Get help right away** if you notice:
  - ✓ fresh bleeding
  - ✓ pain, swelling, redness at the puncture site
  - ✓ fever of 101 or more

 **If you have questions, please call one of the nurses on the unit at:**

\_\_\_\_\_

Number

 **For your follow-up appointment, call:**

\_\_\_\_\_

Name Number

*Note: You underwent a procedure performed under fluoroscopic (x-ray) guidance. Procedures involving lengthy exposures to x-rays may cause damage to the skin and/or hair. These adverse effects may be increased if one has had previous (especially recent) radiation exposure to the same skin area. Radiation injury to the skin can take many forms, including an area of redness, blistering, hair loss, or ulceration. These effects may appear after a few weeks or even after several months. If any of these occur on the side and back of torso (or elsewhere), please contact the interventional cardiology section at 617-632-7455 to arrange further evaluation.*

---

This material was prepared by clinicians from the departments of cardiology and nursing at Beth Israel Deaconess Medical Center. It is produced and distributed by The Beth Israel Deaconess Learning Center. ©2006, Beth Israel Deaconess Medical Center.

All rights reserved.  
MC1579 7/06