



Department of Medical Imaging – Post Angiogram/Angioplasty Instructions

1. Please get plenty of rest for 24 hours after the procedure
2. There are no diet restrictions. You may eat what you wish. **Do drink plenty of fluids.**
3. Avoid, for 48 hours
 - Strenuous Exercise
 - Lifting heavy objects
4. Avoid for 24 hours
 - Smoking
 - Hot baths or showers
 - Driving or operating heavy machinery if you have received sedation
5. You may restart your routine medications. Follow up with your primary physician, for consideration of cardiovascular risk management with possible ASA/antiplatelet therapy, is suggested.
6. Patients should have a ride to and from the hospital, or take a taxi. We do not recommend that you take public transit.
7. For patients with known f acute kidney injury, or with severe chronic kidney disease (eGFR <30) or who are undergoing arterial catheter studies that might result in emboli to the renal arteries, , hold Metformin (or Metformin containing agents) at time of or prior to contrast administration, and for 48 hours following contrast administration. Metformin should only be resumed after renal function has been re-evaluated and found to be normal.
8. Do keep a dressing/bandage over the catheter insertion site for the first 48 hours. Put on a dry, clean dressing/bandage after bathing.
9. Consult your doctor, or go to the nearest Emergency department, if you experience any of the following:
 - You start to bleed where the catheter was inserted. If this occurs, lie down flat and apply direct pressure to the area. Return to the nearest Emergency department immediately.
 - Severe pain, bruising, swelling, change in color or temperature at the site of your procedure.
 - You experience numbness, coolness or a change in the color of the leg where the catheter was inserted.
 - Fever
 - Shortness of breath
 - Faintness or lightheadedness