

Patient Information Leaflet - Angioplasty

Prior to coming into hospital, please bring with you:

- Your consent form
- Your medication in their boxes, placed in the green bag supplied by the hospital.
- A wash bag, dressing gown, slippers and night clothes (in case you need to stay in overnight, however this is fairly rare)
- If Diabetic bring in glucose monitor, sugary drinks and snacks.
- If you have glyceryl trinitrate spray (GTN) please bring this with you.
- Please dress in comfortable, loose fitting short sleeved tops.

Reminder:

- You will be asked to report to the Cardiac Elective Unit (CEU) where you will be checked in by a member of staff. You will then be taken upstairs to the Angiosuite where your procedure will take place. After your procedure you will most likely be transferred back to the Elective Unit for your recovery afterwards and can be collected from there.
- Visitors will not be permitted to stay in the Cardiac Elective unit or angiography suite.
- Accompanying relatives/friends are asked to drop you off, leave and return at a time confirmed with the nurse in charge on the day.
- Although you are asked to come in at a specific time, it may then be several hours before your procedure is performed. If patients are admitted as an emergency during your stay this may cause delays.
- Please leave valuables at home.

Preparing for your Angioplasty

- Bath/shower on the morning of the procedure, use soap/gel, **but no talc or creams.**
- Take usual medication except for the following:

Do not take:

Eating and Drinking

- Breakfast and fluids as usual. If in doubt, ask the nurse at pre-assessment to clarify.

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After the Angioplasty

- You are not allowed to drive for 1 week (DVLA rules)
- No pushing or pulling heavy objects e.g. lawn mowing or using the vacuum cleaner for 1 week post angioplasty.
- No heavy lifting of anything over 5 – 10 lbs for at least four weeks after the angioplasty.
- No strenuous activities e.g. climbing very steep hills, physical labour, swimming, running or biking for at least the first week.
- Avoid constipation and straining, keep well hydrated.
- Please do not stop Clopidogrel until advised by the Consultant Cardiologist.
- Avoid immersing puncture site in hot water until 2 days post procedure

Cardiology Specialist Nurses Team

Angioplasty Plan Facilitators

Tara Alabaster
Jo Hayward (Cardiology rehab co-ordinator)
Nick Pember (Out-patient Charge Nurse)
Julie Rodgers
Juleah Vernham
Anthea Brown
Caroline Hall
Hazel Nikolov
Caroline Gorman

Contact Telephone Number for Angioplasty Plan Facilitators and Specialist Nurses

01603 287002 – please leave your name and contact number and someone will call you back. **Please note this is not an emergency contact number**

Contact Telephone Number for James Paget Hospital, Cardiac Specialist Nurses:
01493 452547

Cardiology Waiting List Office Contact

Please contact for any queries regarding appointments

01603 287254 or 01603 289698

Useful Contacts:

British Heart Foundation: www.bhf.org.uk

