

## Cardiology Department

### Coronary Angiogram

#### Preparing for coming into hospital:

- Please bring your consent form
- Please dress in a comfortable short sleeved top.
- If Diabetic bring in glucose monitor, sugary drinks and snacks.
- If you have glyceryl trinitrate spray (GTN) please bring this with you.

#### Reminder:

- Visitors will not be permitted to stay in the Cardiac Cath lab or Elective Unit.
- Accompanying relatives/friends are asked to drop you off outside, leave and return at a time confirmed with the nurse in charge on the day.
- Please leave valuables at home.

#### Preparing for your Angiogram

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

#### **Do not take:**

#### After the Angiogram

- No driving for 24 hours
- No pushing or pulling heavy objects e.g. lawn mowing or using the vacuum cleaner for 48 hours
- No heavy lifting of anything over 5 – 10 lbs for 48 hours
- No strenuous activities e.g. climbing very steep hills, physical labour, swimming, running or biking for 48 hours
- Avoid constipation and straining
- Keep well hydrated

- Avoid immersing your puncture site in hot water for 2 days post procedure

## **If You Think You Are Having a Heart Attack**

### **How can you tell if it is angina or a heart attack?**

Angina is temporary. The pain will go away within 15 minutes if you rest, relax and take some Glyceryl Trinitrate Spray (GTN).

### **How to take Glyceryl Trinitrate Spray (GTN)**

- Sit or lie down
- Take 1-2 squirts of GTN under the tongue
- Wait 5 minutes. If pain is still there, take a 2<sup>nd</sup> squirt under the tongue
- Wait 5 minutes. If pain is still there and getting worse, dial 999
- If pain is easing, take a 3<sup>rd</sup> spray of GTN under the tongue and wait 5 minutes
- In a heart attack the pain continues whatever you do, therefore if pain has not eased dial 999

### **Symptoms of a heart attack**

Symptoms are variable. Often it is a crushing pain or discomfort in the chest, skin may look white and the nail beds grey or bluish.

You might feel cold, clammy or sweaty, faint, giddy or sick. It may spread to an arm, both arms, throat or jaw.

You may have only one of these symptoms.

### **What to do if you think it is a heart attack**

- **DIAL 999 FOR AN AMBULANCE**
- Take an aspirin as this can reduce any damage
- Make sure your door is not locked
- Sit or lie where you will be easy to find
- **Never** drive yourself to hospital
- Do not worry about 'bothering' people. You will not be blamed if it a 'false alarm'

## **Cardiology Specialist Nurses Team**

### **Angioplasty Plan Facilitators:**

- Nick Pember (Out-patient Charge Nurse)
- Tara Alabaster
- Anthea Brown
- ~~Caroline Farr~~
- Caroline Gorman
- Jo Hayward (Cardiology Rehab Co-ordinator)
- Hazel Nikolov
- ~~Julie Rodgers~~
- Juliean Vernham
- Joanne Pember

### **Contact Telephone Number for Cardiac Specialist Nurses**

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

### **Cardiology Waiting List Office**

For any queries regarding appointments or admissions, please call **01603 287254** or **01603 289698**

### **Useful Contacts:**

British Heart Foundation: [www.bhf.org.uk](http://www.bhf.org.uk)

