



Advice for patients following peripheral angiogram

Information for patients from Vascular Surgery

This leaflet has been designed to give you the information you will need to help you recover from your **peripheral angiogram**.

How do I look after my wound?

You will be discharged home with a plaster covering the area in your groin where the wire passed into your leg artery. You may **bathe or shower** with the plaster in place, which can be removed after 48 hours. The area should have sealed by now and should not need any further plasters to cover it.

How will I feel after the x-ray?

- You may have a **small bruise develop in this area; this can become large and uncomfortable**. If this happens, there is a risk of it becoming infected, so you should call us or contact your GP for advice. It is important to keep this area clean.
- You may feel **some discomfort in your groin when you move**. A simple painkiller (such as paracetamol) should help with this, so you can continue your usual activities.

When can I resume my normal activities?

Immediately, as far as the symptoms in your leg(s) allow.

When can I drive again?

You will be fit enough to start driving again when you are able to do an emergency stop comfortably.

Driving too soon after an investigation such as this may affect your insurance. If you are in any doubt, please call us or speak to your GP. We also advise that you check your insurance policy details or contact your insurance company as well.

When can I return to work?

You will be fit enough to return to work the day after your angiogram, depending on your job, any discomfort you may have in your groin, and your leg symptoms.

Should I change my diet?

You should aim to reduce the amount of fat and salt that you eat. This will help to reduce your cholesterol and blood pressure, which will help to slow down the furring-up of your arteries.

Should I continue to take my normal medication?

In general yes, you should continue to take your usual medications, as before your procedure.

- If you are a diabetic and taking metformin tablets, the doctors will tell you when to restart taking this and arrange for you to have a blood test.
- You may be discharged home on aspirin and a statin, if you were not already taking these. These make blood less sticky and help to reduce your blood cholesterol level.

You should stop smoking after your procedure

If you are a smoker, you must try your best to stop and not to smoke again before and after your angiogram. Continuing to smoke will cause other arteries to narrow and block as well. It may also have a bad effect on any intervention that may be undertaken to improve the circulation to your limb(s).

Will I need a follow-up appointment?

Your angiogram film will be reviewed in the multidisciplinary team (MDT) meeting, by a group of consultant radiologists and vascular surgeons. They will look at your x-rays along with a description of your condition, and work out the most appropriate and safest treatment options for you.

These options will be discussed with you by telephone, by letter, or at an appointment for review in your Consultant Vascular Outpatient Clinic. You can then make a choice about your future treatment.

What do I do if I feel unwell at home?

If you develop any problems, such as pain or swelling in your groin, and it is within normal surgery hours, call the vascular nurse practitioners; out of hours, call the on-call vascular registrar. The contact details are listed below.

If you develop a sudden pain or numbness in your leg, which does not get better within a few hours, or if you have any swelling in your calves, shortness of breath, or pains in your chest, you must go to your nearest Emergency Department.

Where can I get more information?

If you have any questions or concerns, please contact one of the following.

During the working day, first try the vascular nurse practitioners. If they are not available or you call out of hours, ask the hospital switchboard to contact the on-call vascular registrar.

- **Vascular Nurse Practitioners**
Telephone: 01227 864137
Email: ekh-tr.vascular-nurse@nhs.net
- **Radiology secretaries**
Telephone: 01227 864023 or 01227 783181
- **Out of hours Vascular Registrar**
Hospital switchboard: 01227 766877
Ask to speak to the on-call vascular registrar
- **Kent (vascular) Ward, Kent and Canterbury Hospital**
Telephone: 01227 783102

This leaflet has been produced with and for patients.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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