



## **Discharge Instructions for Cerebral/Spinal Angiograms:**

### **The Day of the Angiogram After Discharge**

**Activity:**

- Light activity
- No heavy lifting or strenuous activity for 2 days

**Diet and Medications:**

- Increase your fluid intake.
- If you have kidney disease or congestive heart failure, check with your primary doctor first.
- Resume your usual diet and medications unless instructed otherwise.

**Bathing:**

- You may shower.
- No soaking the site, e.g. tub or jacuzzi baths for 10 days.

**Dressing:**

- Leave dressing in place x 24 hrs.

### **The Next Day After the Angiogram**

**Activity:**

- Gradually increase activity.
- You may return to work if you do non-strenuous activities (e.g. office work).
- Avoid heavy lifting or exercise.

**Care of Puncture Site:**

- You may shower and remove the dressing.
- After showering, gently pat area dry around puncture site.
- Place a Band-Aid over the puncture site.
- Keep clean and dry.
- Apply a clean Band-Aid until the area is healed (typically 3-5 days).

### **Second Day after the Angiogram**

**Activity:**

- Resume usual activities.
- Return to work unless otherwise instructed.
- Avoid strenuous exercise of excessive bending at the groin.



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## **Warning Signs**

If any of the following symptoms occur, call your physician or the Interventional Radiology department at Hospital. Or, go immediately to the Emergency Department of the nearest hospital.

If you experience a life-threatening emergency, call 911.

- Pain, numbness, coolness or weakness in your leg.
- Redness, swelling or bleeding at the puncture site.
- Bloody drainage that leaks around or soaks through the Band-Aid dressing.
- Green or yellow drainage from the puncture site.
- Temperature higher than 100.4 degrees Fahrenheit.

Future Appointments and Treatment:

- Please make an appointment if you have not already done so to discuss the results and possible treatments at 909-450-0369