

DISCHARGE ADVICE for POST-ANGIOGRAM & ANGIOPLASTY PATIENTS

Improving THE LIVES WE TOUCH

CONTENT

CORONARY ARTERY DISEASE	 02
ANGIOGRAM & ANGIOPLASTY	 03
WHAT TO OBSERVE AFTER AN ANGIOPLASTY?	 05
LIFESTYLE MODIFICATIONS	 07
MEDICATIONS & FOLLOW UP APPOINTMENTS	 09
FREQUENTLY ASKED QUESTIONS (FAQs)	 10





Coronary artery disease (CAD) is a potentially life threatening condition that can result in a heart attack or mvocardial infarction. Atherosclerosis, a process in which cholesterol or calcium deposits known as plaque, causes narrowing or stenosis of the arteries in coronary artery disease. Eventually, the plaque may result in total blockage of the arteries.

The heart receives restricted blood flow if the arteries are narrowed or completely occluded. When this happens, you can experience mild to severe chest pain that may or may not radiate to the jaw or arms. These are the common symptoms in coronary artery disease.

Meanwhile, an acute condition may result from a sudden rupture of plague or the formation of blood clots in the coronary artery. This usually leads to a heart attack or myocardial infarction.

Common risk factors for coronary artery disease are:



🕂 Smoking



Age



Diabetes Mellitus



Obesity



Hypertension



Hereditary



High Cholesterol Level

Stress

ANGIOGRAM PROCEDURE

An angiography is an imaging test that uses X-ray and contrast agent to view selected arteries. A narrowed or blocked artery may be opened up by performing a balloon angioplasty or stenting.

Your doctor may perform this procedure through your wrist or groin.









Balloon Angioplasty

A balloon guided by a catheter will be inflated to reduce the blockage in the artery. The balloon will be deflated and removed after the procedure.

Side View of Coronary Artery







Plaque Before Treatment Balloon Angioplasty Procedure

A

Stenting Angioplasty

A stent will be expanded and placed at the blockage to restore blood flow in the artery. This stent will be left in the artery to keep the area patent and prevent further narrowing of the artery.





Stent Procedure



Procedure

WHAT TO OBSERVE AFTER AN ANGIOPLASTY?

1. Monitor your puncture site

It is normal if you noticed some bruising at the puncture site. However, if you start to observe obvious bleeding, swelling or pain at the puncture site, you need to call your doctor's clinic or go to a nearby hospital immediately. It is important for the bleeding or swelling to be attended to promptly.



2. Allergy reaction to the contrast agent.

Inform your healthcare provider immediately if you noticed unexplained rash, itchiness or some sort of allergy symptoms developed after an angiogram or angioplasty. This could be an allergy reaction to the contrast agent used during the procedure.

LIFESTYLE MODIFICATION

EXERCISE.

Perform physical activities as little as 30 minutes a day and as simple as brisk-walking can change your life.



QUIT SMOKING.

Tobacco kills. Ask our pharmacist for smoking cessation program.



MONITOR YOUR BLOOD PRESSURE.

Monitor your blood pressure level to help to reduce the risk of heart disease and stroke.



CONTROL YOUR BLOOD SUGAR LEVEL.

Good blood glucose control reduces many complications caused by diabetes. Heart disease is one of them.



TAKE YOUR MEDS.

Take your medication as precribed by your doctor. Speak to them before changing or stopping the medications.



GET ENOUGH SLEEP.

Adequate sleep of about 6-8 hours at night can allow your body to recuperate from your daily activities



MANAGE YOUR STRESS.

Find out the causative factors that makes you feel stressed. Learn healthy habits to relax and calm down.



WATCH YOUR WEIGHT.

A healthy Body Mass Index (BMI) can reduce your risk for potential complications and chronic diseases.



GET REGULAR CHECK UP.

Follow up with your doctor regularly to ensure you are in good health.



EAT HEART HEALTHY DIET.

Monitor your diet intake. Limit food high in sodium, trans-fat and processed food. Increase intake of fresh vegetables and fruits. Our dietician can guide you to a balanced meal plan.



MEDICATIONS

If you have had an angioplasty or ballooning procedure, you will be discharged with: Precaution: Patients on blood thinning drugs may experience longer blood clotting time. You may bleed or bruise more easily than usual. However, seek medical treatment immediately if you noticed unexplained nose or gum bleeding and/or blood in urine or stool.

a. Antiplatelets

You will be prescribed with blood thinning drugs after placing a stent in your artery. This is to prevent blood clots formation and adhering to the surface of the stent. Do not stop this medications unless instructed by your doctor as it may increase the chances of blood clot formation, subsequent heart attack or even death.

b. Statins

A statin medication reduces cholesterol level in the blood. This is to slow down the progression of heart disease.

FOLLOW UP APPOINTMENTS

Follow up appointments with your cardiologist is very important so that your condition may be closely monitored. The first follow up after the procedure allow your doctor to examine the catheter insertion site to make sure it is healing properly.

FREQUENTLY ASKED QUESTIONS

1. Will the stent move or rust?

No. It has been manufactured that it will not move or rust once placed by your cardiologist.

2. Can I drive immediately after the procedure?

No. It is recommended to refrain from driving or heavy lifting at least until a few days after the procedure to prevent bleeding or swelling of the puncture site.

3. Do I have to be on medication for long term?

Yes. Please take your medication as prescribed by your doctor. Do not stop any medication without consulting with your doctor first.

4. When can I return to work?

Most patients can resume normal activities a few days after the procedure.

5. What food should I avoid after stenting?

You should start on heart healthy diet that is low sodium, no trans-fat, non-processed food. Increase on fresh vegetables and fruits. Please consult with our in-house Dietician for further clarification.

6. Can I walk through metal detectors with a stent?

Yes. It will not set off a metal detector.

7. Can I undergo Magnetic Resonance Imaging (MRI) scan with a stent?

Yes. Studies have been conducted that a patient with coronary stent may safely conduct a MRI scan.

8. Can I travel after a stent placement?

Your doctor will recommend on when you can start to travel, mode of transportation (i. e.: car, train, plane) and the duration of travel.

9. When can I resume sports activities?

Light exercises such as brisk-walking is recommended a few days following the procedure. Your doctor will advise you on what sports you can play and when you may resume it.

10. Will the stent affect my intimate relationship with a partner?

No. You may resume normal daily activities a few days after the procedure but it is recommended to speak to your doctor regarding your concern.

Operation Hours

Monday - Friday : 8.30am - 5.30pm Saturday : 8.30am - 1pm

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