

Patient and Family Education

CORONARY ANGIOPLASTY (WITH OR WITHOUT STENT)

Dear Patient,

This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult your doctor or healthcare professional for detailed medical advice.

About your condition / procedure

Coronary angioplasty is a minimally invasive, non-surgical procedure used to open narrowed arteries.

(Scan the QR code for more information)



Activity / Rehabilitation



- Resume normal daily activities.
- Do not drive for at least 2 weeks. The duration may differ depending on your specific cardiac issue. Please follow your doctor's advice.
- Physical exercise is helpful but should be tailored to individual ability, do not overstrain yourself. Follow your doctor's advice.
- Aerobic exercise is the most suitable type of exercise e.g. brisk walking, jogging, swimming, etc.
- Refrain from strenuous physical exertion such as carry weights, netball, football, etc. until your doctor reviews you.
- Adopt a healthy lifestyle
 - Stop smoking – Smoking leads to damage to your arteries of the heart resulting in reduced blood and oxygen supply to the heart muscle.
 - Keep stress under control – Continuous, unrelieved stress causes your heart to work harder.

Nutrition / Diet



- Low saturated fat and low cholesterol diet
 - Use corn oil, sunflower oil, olive oil, canola oil, instead of ghee, lard, butter and coconut oil.
 - Limit food that is rich in cholesterol such as red meats, organ meats, egg yolk, shellfish, etc.
 - Dietary cholesterol intake recommended should be less than 200mg per day.
- Low salt diet
 - Choose fresh and frozen meats, fish and vegetables rather than preserved / canned / salted or processed food.
 - Use natural herbs and spices such as ginger, garlic, lemon juice and pepper to enhance the flavour of cooked food.
 - When eating out, reduce the intake of soup / gravy, avoid sauces.

- High fibre diet
 - Eat fresh fruits and vegetables.
 - Take oats, beans, bran, whole-grain bread, and wheat germ.
- Limit alcohol intake
 - Not more than 1 glass of wine or 1 can of beer / day.

Safe and effective use of medication



- Take medication as prescribed.
- Make sure you have an adequate supply of medication.
- If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.
- Do not stop any medication or change of dosage without consulting your doctor.

Anti-Platelet Therapy

- You will be prescribed an anti-platelet agent such as Aspirin, Clopidogrel (Plavix) or Ticagrelor (Brilinta).
 - It helps to prevent blood clots and reduce the chance of having a heart attack.
 - It prevents clot formation at the stent.
 - You are required to complete the course of the medication.
 - Side effects that you need to look out for when taking anti-platelets are red or purple spots on the skin, diarrhoea, indigestion, black tarry stools, blood in urine, etc. seek medical advice if these side effects occur.
 - Do not stop taking anti-platelets except on doctor's advice.

Wound Care



- You may have a bruise at the puncture site and may experience some soreness at the puncture site when walking which usually resolve in 1 to 2 weeks' time.
- You may remove the light dressing or Band-Aid the next day.
- You may shower after the removal of the dressing. Do not rub on the puncture site when taking your shower. Gently pat dry the area.



Pain Management

- Refer to Patient and Family Education on Pain Management pamphlet given to you.



When and how to seek further treatment

During office hours

Call 6704 2000 to make an appointment with your doctor at the SKH Medical Centre.

After-office hours

Head to SKH Emergency Department if any of the following occurs:

- The puncture site is increasingly painful, swollen redness, bleeding or has purulent discharge.
- If you develop a fever.
- You have chest pain and / or tightness.
- You have severe pain, coldness, or a bluish colour in the leg or arm where the catheter was inserted.
- Any other unusual and / or prolonged symptoms which cause concern.

If you need clarification on any of the above conditions, contact your Primary Physician or the Nurse Clinician in-charge through SKH General Enquiry Line at 6930 5000.

Patient Education Video(s)

Please scan the QR code to watch the patient education videos produced by National Heart Centre Singapore to find out more about your heart condition and how to handle it.



Follow up appointments

- Keep your appointment(s) as scheduled, reschedule your appointment as soon as possible if you have missed your appointment.
- For any change of appointment(s), you can do so in the following ways:
 - Manage your appointment(s) on-line
 - Via SingHealth Health Buddy App
 - Call NHCS Appointment Hotline (6704 2000)
 - Email: central.appt@nhcs.com.sg

