

## Patient and Family Education

### CORONARY ANGIOGRAPHY

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 angiography is a test to detect narrowing in the arteries in your heart. It is a fast and effective way to provide definitive evidence of any abnormalities.

*(Scan the QR code for more information)*



#### Activity / Rehabilitation



- Resume normal daily activities.
- Resumption of physical exercise will depend on your doctor's advice.
- 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 and faster.

#### 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 and 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 medicine 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.
- Keep the medications in their original containers / packages. Do not combine them in one bottle or mix them with other medications.

### Wound Care

- You may have a bruise at the punctured site and may experience some soreness which usually resolves in 1 to 2 weeks' time.
- You may remove the dressing or bandage the next day.
- You may shower after removal of the dressing. Do not rub on the punctured site. 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:**

- Puncture site is increasingly painful, swollen or if there is redness, bleeding or pus discharge.
- You develop a fever.
- You have chest pain and / or tightness.
- You have severe pain, coldness, or 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](mailto:central.appt@nhcs.com.sg)

