

# What to do after having an angiogram/stent procedure

## 1. Always follow the advice from the hospital nursing staff

- Please heed all advice in regards to driving and wound/access site management
- If you have any concerns or issues, call our office on 07 5414 1100. We are open Monday to Friday from 8:30am to 5pm.

## 2. Visit: [heartfoundation.org.au](http://heartfoundation.org.au)

- Healthy eating: advice on a 'heart healthy diet', with recipes
- Healthy living/exercise: advice on keeping active and how to exercise
- 'After my heart attack': advice and information on what to do next

## 3. Enrol in a cardiac rehabilitation program at one of the following local hospitals

- Buderim Private Hospital
- Selangor Hospital, Nambour
- Noosa Private Hospital
- Eden Rehab Hospital

Your cardiologist will advise you on this.

## 4. Keep taking any medicines you have been prescribed

- Blood thinners (such as Aspirin plus Clopidogrel/Ticagrelor): to stop clots and reduce heart attacks
- 'Statins': to reduce inflammation and cholesterol in your heart arteries and reduce the chance of another cardiac event
- Treat high blood pressure and diabetes if present

## 5. Follow up with your GP and Heart HQ specialist

- Follow up with your GP within a week of your procedure
- An appointment is usually scheduled with your specialist four to six weeks post procedure

## 6. Follow up with Heart HQ practice nurse

- Please call to make an appointment in the Heart HQ practice nurse's weekly clinic if you have any post procedure concerns

## 7. Chest pain action plan

- Follow your heart specialist's advice
- Write it down and keep it in a handy place at home

## 8. Urgent concerns

- Chest pain: if it's an emergency, call 000. Follow your chest pain action plan.
- The Heart HQ interventional cardiologists provide a 24/7/365 acute heart attack service
- Direct admissions to the Sunshine Coast University Private Hospital or Buderim Private Hospital
- After hours: contact the hospital directly and request admission as a priority Heart HQ patient



## World-class cardiac care

 07 5414 1100  07 5414 1101  [admin@hearthq.com.au](mailto:admin@hearthq.com.au)

**Heart HQ Central Sippy Downs**  
Suite 5, Atria  
44 Central Drive  
Sippy Downs QLD 4556

**Birtinya**  
Suite 4, Ground Floor  
Sunshine Coast University  
Private Hospital  
3 Doherty Street  
Birtinya QLD 4575

**Noosa–Tewantin**  
Suite 1  
66 Poinciana Avenue  
Tewantin QLD 4565

**Gympie**  
Ramsay Medical  
Consulting Suites  
70–72 Channon Street  
Gympie QLD 4570

**Buderim**  
Buderim Private Hospital  
12 Elsa Wilson Drive  
Buderim QLD 4556

**Caboolture**  
Consulting Suites  
Caboolture Private Hospital  
McKean Street  
Caboolture QLD 4510

**Nambour**  
Nambour Selangor  
Private Hospital  
62 Netherton Street  
Nambour QLD 4560