

Cerebral angiogram

Discharge instructions | Diagnostic procedure

Patient: _____

Procedure date: _____

Recover here. Rest at home.

Recovery-room observation is usually 1-2 hours, followed by same-day discharge when the team confirms it is safe. This ambulatory facility does not provide overnight stays. Recovery time can vary; arrange a responsible adult to take you home and stay the first night.

For a diagnostic angiogram only. Your team's instructions take priority. Stenting or embolization needs a separate discharge plan.

1 Your first day at home

Rest and have an adult available to help. For 24 hours after sedation: do not drive, work, use machinery, drink alcohol, use recreational drugs, or make important decisions. Take sleeping or sedating medicines only if the team approves. Do not care for children or dependent adults alone.

2 Walking, stairs & activity

Walk only after the recovery team clears you. Start with short, gentle walks at home; rest between them. Use necessary stairs slowly, with help if unsteady. Limit repeated stair trips and avoid deep bending, squatting or straining the puncture site.

Avoid heavy lifting, strenuous exercise and sexual activity until your team's specified return time on page 2. Stop activity for new site pain, swelling or bleeding.

3 Protect your wrist or groin

Wrist: avoid forceful gripping, lifting, pushing and pulling with that arm until cleared.

Groin: follow the team's bed-rest instructions before walking. Avoid straining the groin. Do not lift bags or luggage; have someone help.

4 Dressing, showering & bathing

Keep the puncture site clean and dry. Check it daily. A small stable bruise or mild tenderness can occur; worsening symptoms need assessment.

Follow the removal and shower times on page 2. When showering is allowed, use lukewarm water, do not scrub the site, and pat dry. Do not pick at glue or a scab. Avoid baths, pools and hot tubs until healed and cleared by the team.

5 Medicines, food & fluids

Follow the medicine plan on page 2 or your attached list. Do not stop, skip or restart medicines on your own, especially aspirin, clopidogrel (Plavix), anticoagulants, insulin or metformin. If the plan is unclear, call before changing it.

Use only approved pain medicine. Eat as tolerated and drink regularly once allowed. Follow any heart, kidney or fluid restriction; do not force extra fluids.

6 Driving, work & travel

Do not drive yourself home. Resume driving only when your team permits and you can do so safely; sedation rules are the minimum restriction.

Confirm return to work, long drives and flights with the team. There is no automatic flight clearance after a set number of hours. Ask about staying nearby and movement breaks during a long trip.

New stroke symptoms, severe bleeding or trouble breathing? Call 911.

Keep both pages. Ask the team to complete your personal plan before you leave.

Your recovery plan

Patient: _____ Procedure date: _____

Call 911 immediately

New symptoms: facial droop, weakness or numbness on one side, trouble speaking, vision loss, sudden severe headache, fainting, chest pain or breathing trouble. Do not drive yourself or wait for an office callback, even if symptoms improve.

Heavy or persistent bleeding: lie down and press firmly and continuously on the puncture site while someone calls 911. Keep pressure on while help comes. Rapidly increasing swelling, or a cold, pale, painful or numb hand or foot also needs emergency assessment.

Call your procedure team promptly

Call for fever, increasing redness, warmth, drainage, worsening site pain, or a new rash without breathing symptoms. Use your after-hours contact when the office is closed.

Complete with your care team before discharge

Access site: ☐ Wrist ☐ Groin Side: ☐ Right ☐ Left

Closure device / special site instructions:

Remove dressing on:

May shower on:

Lifting limit:

Until:

Exercise / sex may resume:

Driving may resume:

Return to work / travel instructions:

My medication plan

Attach the full medication list if needed. Include exact restart times and any required lab test.

Medicine / dose	Continue, hold or change	Restart date / time

Approved pain medicine / fluid or lab instructions:

Results / follow-up date and clinician:

Procedure-team number:

After-hours number:

Routine office: 833-787-6539 | Monday-Friday, 8 am-5 pm Pacific

Before leaving: escort arranged; medicines, restrictions, warning signs and contact numbers reviewed.

Guide and references: neurovascularcenters.com/cerebral-angiogram/