

♥Driving

After a heart attack You must check with your doctor when it is safe for you to drive.

If you have NOT had a heart attack you may drive two Days after your stenting procedure.



Useful Phone Numbers:

Cardiac Catheterisation Laboratory
01-414 3743.

Coronary Care Unit 01-414 4135

Cardiac Rehabilitation 01-414 3097

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Tallaght Hospital

Advice For Patients After Coronary Stenting.

A patient information
leaflet



Advice to follow after your Coronary Stenting.

What did I have done?

A stent is a short tube of stainless steel mesh. It is placed into a narrowed or blocked artery in your heart. This will act as scaffolding and prop the artery open. This will increase the blood flow to the heart muscle.



What now?

There are things that you should do to keep your stent open:

You will be prescribed Aspirin for the rest of your life and Clopidogrel (Plavix) **Or** Prasugrel (Efient) for one year after your stent. These tablets will stop the blood cells sticking to your stent and blocking it.

YOU MUST TAKE THESE TABLETS EVERY DAY!!

Do not stop Aspirin or Plavix/Efient, without discussing it with your cardiologist first.

♥Stub it out

Stop smoking! It can cause your stent to block.



♥Lets get physical

Try to exercise for 20 -30 minutes every day. Remember to choose an activity you enjoy and build up slowly. Sex is safe after 3-4 days or when you can walk up two flights of stairs without your symptoms.



♥Chest Pain

If you get chest pain or your previous symptoms return, **do not ignore it**, go to your General Practitioner (GP) or Emergency Department (ED).

♥Get Checked

Always attend your clinic appointments.

Get your GP to check your Blood Pressure and Cholesterol every six months.

♥High 5

Try to have 5 fruits and vegetables every day. Switch to fish a few nights a week, and drink less alcohol. 11 units for women and 17 units for men pre week.



♥Lose the stress

Enjoy life, take time out to enjoy yourself and relax.

