

## ♥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

**This leaflet was updated by  
the Cardiac Cath Lab 2014.**

MP REF: 0016

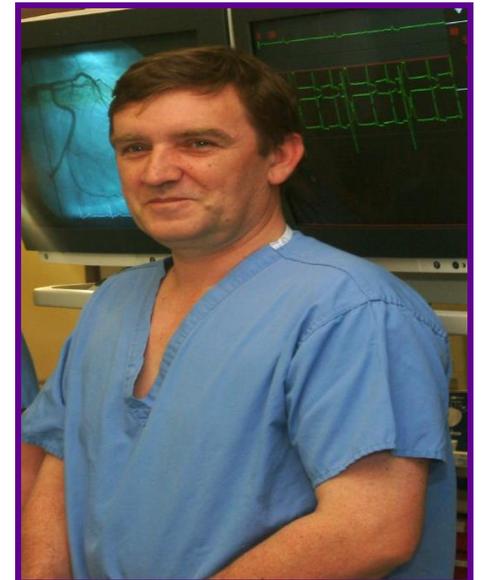
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## Tallaght Hospital

### Advice For Patients After Coronary Stenting.

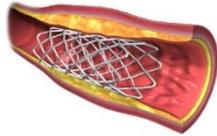
A patient information  
leaflet



## 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.

