



After your Angiogram or PCI (Stent) Procedure

What to do next:

1. Follow the advice from the Hospital Nursing staff re: driving and wound/access site management.
 - If you have any concerns or issues, call our office on 07 5414 1100
2. Visit: <https://www.heartfoundation.org.au>
 - Healthy eating: advice on a "heart healthy diet", with recipes.
 - Healthy living/exercise: advice on keeping active and who to exercise.
 - "After my heart attack": advice and information on what to do next.
3. Enroll in a **Cardiac Rehabilitation Program**:
 - Programs on the Sunshine Coast are located at:
 - Buderim Private Hospital
 - Selangor Hospital, Nambour
 - Noosa Private Hospital
 - Eden Rehab Hospital.
4. **Medicines**: make sure you are compliant with (don't miss) any medicines you have been prescribed.
 - Blood thinners (such as aspirin plus clopidogrel/ticagrelor): these medicines stop clots and reduce heart attacks.
 - "Statins": reduce inflammation and cholesterol in your heart arteries and have been proven to reduce the chance of another cardiac event.
 - Treat high blood pressure and diabetes if present.
5. **Follow up** with your GP and SC Heart Specialist.
 - Follow up with your GP within a week from your procedure.
 - An appointment is usually scheduled with your specialist 4-6 weeks post procedure.
6. **Follow up** with our SCHS Practice Nurse.
 - Please call to make an appointment in the SCHS Practice Nurse's weekly clinic if you have any post procedure concerns.
7. **Chest pain action plan**: follow your heart specialists advice

Call us.

General Reception: 07 5414 1100.

- Chest pain: if it is an emergency, call 000. Follow your chest pain action plan.
- Our SCHS Interventional Cardiologists provide a **24/7 365 acute heart attack service**.
- Direct admissions to The Sunshine Coast University Private Hospital (SCUPH) or Buderim Private Hospital.
In hours: contact our reception: 5414 1100
After hours: contact the hospital directly: request admission as a **priority SCHS patient**.

Ph: 5414 1100 Email: admin@scheart.com.au

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

BUDERIM
Suite 9 Medical Centre
Buderim Private Hospital,
12 Elsa Wilson Dr Buderim
QLD 4556

TEWANTIN
Suite 1, 66 Poinciana Ave
Tewantin QLD 4565

GYMPIE
Ramsay Medical
Consulting Suites
70-72 Channon Street
Gympie QLD 4570

CABOOLTURE
Consulting Suites,
Caboolture Private
Hospital, McKean St,
Caboolture QLD 4510