



Kuether Brain and Spine

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Post-op Angio: What to expect at home as you recover from an Angiogram

ACTIVITY

First Day: REST

- Do not lift anything that weighs more than 10 to 15 pounds for 1 (one) week. If you're not sure – **DO NOT LIFT**.

Second Day: Take short walks.

Third Day: Resume usual activities (unless your doctor says to rest)

Bathing: You may take a shower. **NO** baths, hot tubs or swimming for 1 (one) week.

Driving: Do not drive for 24 hours.

Returning to work: Most are able to resume working 24-48 hours following procedure.

MEDICATION

- Take all medication exactly as you were told to.
- **DO NOT** stop taking any medications before discussing it with your doctor.
- Keep in mind that aspirin and clopidogrel (plavix) may cause you to bruise and bleed easily.

DIET

- Drink extra fluids.
- Eat normally. Choose heart healthy foods

Note: if a stitch was placed (Perclose) a brochure was sent home from the hospital with you detailing additional instructions.

If you have any questions or concerns please contact Kuether Brain and Spine at (503) 489-8111.



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Management of Constipation

Constipation is a common problem associated with the use of narcotic pain medications, dehydration, and lack of activity. Management of this problem can be very straightforward if taken care of right away.

BASIC CARE:

- a. Stay well hydrated (6-8 8 ounce glasses of water or other liquids a day)
- b. Eat a high fiber diet. Fruits and especially vegetables are very important. Grains such as bran fiber or whole wheat or oats can be helpful. Aim for 15-30 grams of dietary fiber per day.
- c. Walk often as tolerated.
- d. Reduce narcotic use as tolerated.

RELIEF OF CONSTIPATION:

If constipation does occur, there are several ways to deal with it, such as prune juice, dried fruits, etc. If something more is needed, a dose or two of milk of magnesia may work.

For continued constipation: try Magnesium Citrate. This is found over the counter at most grocery stores and pharmacies. It comes in a bottle and often looks like generic soda. Drink half of a bottle at a time, and for no results in half an hour drink another half bottle. May repeat for 2 bottles in 24 hours.

If still constipated, see below:

Items Needed:

1 quart of Gatorade, Miralax 14 dose bottle, and two Dulcolax laxative 5mg tablets.

- a. Mix half of the Miralax in the quart of Gatorade.
- b. Take two 5mg Dulcolax laxative tablets.
- c. Wait ½ hour, then start drinking the Gatorade/Miralax mixture. Drink 1 glassful every 20 minutes until gone.
- d. You may repeat this regimen again, but it would be unlikely that you will remain constipated with two rounds of this cocktail. Remember, this may cause dehydration due to diarrhea, so drink fluids as needed.