



Patient Name _____

Date _____

Self-care

Angioplasty does not cure the cause of blockage in your arteries. Your arteries may become narrow again. To lower your chances of this happening:

- Eat a **heart-healthy diet**, exercise, stop smoking (if you smoke), and reduce your stress level.
- Take **medicine to help lower your cholesterol** if your Provider PCP prescribes it.
- If you are taking medicines for blood pressure or diabetes, take them the way your provider PCP has asked you to take them.

Healthy changes you can make

- If you smoke, quit. ...
 - Get regular exercise (if your doctor PCP says it's safe). ...
 - Walk 30 Minutes a day (if your doctor PCP says it's safe). ...
 - Eat heart-healthy foods, such as fruits and vegetables.
 - Stay at a healthy weight. ...
 - Take good care of your **feet and legs** to **prevent** injuries and infections.
-
- Your provider may recommend that you take **aspirin** or another medicine, called **clopidogrel (Plavix)**, when you go home. These medicines keep blood clots from forming in your arteries and in the stent. **DO NOT** stop taking them without talking with your provider first.

Sign _____