



Angiogram

WHAT YOU SHOULD KNOW:

- An angiogram (AN-jee-oh-gram) is a test to look at arteries in the body. Arteries are blood vessels that carry oxygen and nutrients to the body. This test is also called angiography or arteriography. During an angiogram, a catheter is put into an artery, usually in your groin. Your groin is the area between your abdomen (belly) and the top of your leg. A catheter is long, thin, bendable tube. Sometimes the catheter may be put into a different artery, such as one in your arm. Special dye is given through the catheter, and x-ray pictures of blood flow in certain arteries are taken.
- You may need an angiogram to check for blockage or other problems in an artery. Some causes of blood flow problems in arteries are blood clots or atherosclerosis. Atherosclerosis is also called hardening of the arteries. You may need an angiogram if you have other blood vessel problems, such as an aneurysm. An aneurysm is when the wall of a blood vessel gets weak and bulges out like a balloon.

CARE AGREEMENT:

You have the right to help plan your care. Learn about your health condition and how it may be treated. Discuss treatment options with your caregivers to decide what care you want to receive. You always have the right to refuse treatment.

RISKS:

- Most people do not have problems having an angiogram. However, there are risks with any medical procedure. Caregivers may have trouble getting the bleeding from your artery to stop after the catheter is removed. Rarely, the catheter may cause a problem with your blood vessel that would take surgery to fix. Fluid could build up in your lungs and cause trouble breathing. Blood clots could go to your lungs or brain and cause a stroke. The clots could go to your arm or leg and stop the blood from going to them. You could have kidney problems from the dye. You could have an allergic reaction to the dye or numbing medicine. Caregivers will watch you closely for these problems.
- If you do not have an angiogram, caregivers may not know the best way to treat your health problem. This could cause your health condition to get worse. Call your caregiver if you are worried or have questions about your medicine or care.

GETTING READY:

The week before your angiogram:

- Ask your caregiver if you need to stop taking any prescribed or over-the-counter (OTC)

medicine before your angiogram.

- A dye will be used during your angiogram so that your blood vessels will show up in x-ray pictures. The dye is a liquid that is put into your blood vessels. Tell your caregiver if you are allergic to shellfish (lobster, crab, or shrimp) or iodine, because you may also be allergic to this dye. Also, tell caregivers if you are or think you might be pregnant, or if you have and kidney problems.
- You may need to have blood drawn for tests, or an x-ray. Ask your caregiver for more information about these and other tests that you may need. Write down the date, time, and location of each test.
- Arrange for a family member or friend to drive you home after your angiogram. Do not try to drive home yourself.

The night before your angiogram:

- Your stomach needs to be completely empty (no food or water) for 6 to 12 hours before the angiogram. Ask caregivers about directions for eating and drinking.
- If you have diabetes, ask your caregiver for special instructions about what you may eat and drink before your procedure. If you use medicine to treat diabetes, your caregiver may have special instructions about using it before the procedure. You may need to check your blood sugar more often before and after having your procedure.

The day of your angiogram:

- Write down the correct date, time, and location of your procedure.
- Ask your caregiver before taking any medicine on the day of your angiogram. These medicines include insulin, diabetic pills, high blood pressure pills, and heart pills. If you do need to take medicines on the day of your angiogram, take them with as little water as possible. Bring a list of your medicines or the pill bottles with you to the hospital. Write down the time you last took your medicines. Tell your caregiver about any herbal supplements or over-the-counter medicines you have taken recently. Tell your caregiver if you are allergic to anything.
- Take a full bath or shower before the angiogram. You may not be able to fully bathe again until 24 hours or more after your angiogram.
- Do not wear contact lenses the day of your angiogram. You may wear your glasses.

Informed consent: A consent form is a legal document that explains the tests, treatments, or procedures that you may need. Informed consent means you understand what will be done and can make decisions about what you want. You give your permission when you sign the consent form. You can have someone sign this form for you if you are not able to sign it. You have the right to understand your medical care in words you know. Before you sign the consent form, understand the risks and benefits of what will be done. Make sure all your questions are answered.

TREATMENT:

What will happen:

- You will be asked to remove all clothing (including underwear) and change into a hospital gown. Go to the bathroom before the test so that you will be comfortable. Caregivers may ask you to remove any jewelry, hairpins, glasses, and dental plates. You may be hooked up to one or more machines to monitor your heart, blood pressure, and breathing. You may have one or more IVs placed in your arm. An IV is a tube placed in your vein for giving medicine or liquids. You may be given medicine to help you relax or make you drowsy. You may also be given medicine to decrease the risk of having itching or an allergic reaction because of the dye. You may get medicine called local anesthesia that will numb the area where the angiogram catheter will go in.
- You will lie on a movable x-ray bed. There will be large x-ray machines and other equipment in the room. Lead aprons may be placed over your neck or body to protect certain organs from x-rays. Before putting in the angiogram catheter, a caregiver will clean the skin over the artery. The skin may be shaved to see the area better. Sterile (germ-free) sheets will be put over you to keep the area clean. The angiogram catheter will be put into an artery, usually in your groin. The catheter travels through the artery to the area in the body that is being studied. Dye is put through the catheter to help your blood vessels and organs show up better in the x-ray pictures. You may feel warm as the dye is put into the catheter. You may get a headache or feel sick to your stomach. These are normal feelings and will go away quickly.

After your angiogram:

- When the angiogram is over, the catheter will be taken out of your artery. Firm pressure will be put over where the catheter went into your skin. This pressure may be held for at least 10 to 20 minutes. This allows the artery to seal over so it will not bleed. The pressure may be held by caregivers, or by a special device. After pressure is held, you may have a tight pressure bandage and possibly a sandbag placed over the puncture site. If so, the sandbag will stay in place for two or more hours. You will be able to eat and drink after caregivers know that your artery is sealed over and that your stomach is feeling OK. Sometimes a collagen plug, stitches, or another device is used to close the puncture site in your artery. You may be able to move around in bed sooner with these devices.
- Caregivers will check your vital signs (blood pressure and heartbeat) often for the first one to two hours after your angiogram. They will also check the blood flow in the arm or leg that was used for the angiogram. You may need to lie flat and keep your arm or leg straight for several hours after your angiogram. Follow your caregiver's instructions carefully. **Moving too soon after an angiogram may cause serious problems.** Do not lift your head or raise the head or foot of your bed or get out of bed until your caregiver says it is OK. Tell your caregiver if lying flat starts to cause back discomfort. If there is no bleeding, you may be able to have caregivers help you log roll onto your side.
- You must use a bedpan or a urinal until you are able to get out of bed and go to the bathroom. If you are unable to use a bedpan or a urinal, a foley catheter may be placed in your bladder. This catheter allows urine to drain from your bladder into a special collection bag.
- Arrange to have a friend or family member stay with you until you are allowed to sit up and move around in bed. They can help you eat and drink during the time that you have

to lie flat.

- When you are allowed out of bed, get up slowly. If you ever feel weak or dizzy, sit or lie down right away. Then call your caregiver.
- Caregivers will watch you closely for problems that can happen after an angiogram. Tell your caregiver if:
 - You have chest pain, pressure, or tightness.
 - Your leg or arm feels unusually hot or cold, or turns a different color. Tell caregivers if your leg or arm hurts, or feels numb.
 - You feel swelling or wetness at the puncture site.
 - You have pain in your back, thigh or groin.
 - You feel nauseated (sick to your stomach) or start to sweat a lot.

Waiting room: This is a room where your family and friends can wait until you are ready for visitors after the angiogram. If your family leaves the hospital, ask them to leave a phone number where they can be reached.

CONTACT A CAREGIVER IF:

- You cannot be at your appointment on time.
- You have questions or concerns about your procedure.
- You have a fever.
- The problems for which you are having the angiogram get worse.

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ANGIOGRAM - Precare, English

Generated on Wednesday, February 29, 2012 10:51:07 AM

Smoking and second hand smoke are dangerous to one's health.
Ask your health care provider for information to quit smoking.

El hábito de fumar y el humo de otros fumadores son dañinos para la salud.
Pídale a su médico información para como dejar de fumar.