



## Angioplasty

### Preparation

Before beginning, your physician will explain the procedure and answer any questions or concerns you may have. A nurse will make sure you sign all the appropriate consent forms, and will tell you what time the procedure will begin.

Before the procedure, your groin area will be washed and shaved and you will be asked to wear a hospital gown. You will also be asked not to eat or drink.

### The Procedure

Personnel from the Cardiac Cath Lab will transport you from your room to the Cardiac Cath Lab. You will then be moved onto the radiographic table. Your gown will be removed and you will be covered with a blanket. You will be awake during the procedure and may experience many of the same sensations experienced during an angiogram. Let the staff know if you experience any chest pain or stomach sickness. (Some chest pain may be expected during inflation of the balloon). The procedure will take from one to three hours to complete. Volunteers are in the waiting room to tell your family how you're doing and answer any questions they may have.

First a cardiac catheterization will be performed. You will receive medication for relaxation. Your doctor then numbs the area where the procedure will be performed. A sheath (a thin plastic tube) is inserted into an artery in the groin or sometimes the arm. A tube called a catheter is inserted through the sheath, and guided to the arteries surrounding the heart. During this procedure a small amount of contrast material is injected through the heart's chambers, valves and major vessels. From this the doctor can tell whether the arteries are narrowed or if the valves are working correctly.

### After the Procedure

When the procedure is completed, you will be transported to the Coronary Care Unit (CCU) or Telemetry Unit. You may need to remain in bed for a minimum of 4 to 8 hours, lying flat all the time, after the sheath is removed with no bending at the hip. You may be repositioned and turned from side-to-side, with the assistance

of your nurse. The head of your bed can be elevated slightly. You will be served a meal and helped to eat while laying flat.

You will have a sheath left in the groin area for a period of time specified by your physician. The sheath is what guides the catheter into the blood vessel. A nurse will check the area frequently. When ordered, your nurse will remove the sheath. Firm pressure will be applied to the area until bleeding has stopped. That normally takes between 20 and 40 minutes.

### **During This Procedure**

It is common to experience back discomfort. Medications, back rubs and changes in position will help reduce your discomfort. Inform your nurse immediately of any chest pain, nausea, or other unusual feelings.

If it is difficult to urinate while you are lying flat, you may be given a urinary catheter. If you anticipate difficulty, it is best to let your physician know before the procedure begins. When you're feeling okay, you'll be helped out of bed to sit, stand, and walk around. You'll be asked to gradually increase your activity but not to strain or exert yourself. You may remain on an intravenous anticoagulant as prescribed by your physician. Support the groin area manually for the first 24 hours whenever you anticipate coughing or laughing. Inform your nurse of any chest pain, bleeding, or other discomfort. Your puncture site, pulses, and vital signs will be routinely checked. Before you're discharged, your physician will give you follow-up instructions. Please plan to be at the hospital all day for the procedure and you may remain in the hospital overnight.

Published: 09/02/10 MDX219

© 1974-2012 Thomson Reuters. All rights reserved. This patient education document was created using the MICROMEDEX(R) System and may contain MICROMEDEX proprietary information.

**Angioplasty St. Luke's - General Information St. Luke's, English (SaveNote version)**

**Generated on Wednesday, February 29, 2012 10:35:44 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.