

WHAT IS AN ANGIOGRAM?

It is an x-ray procedure to highlight blood vessels and blood circulation. It can detect abnormalities in blood flow within the legs, abdomen, neck or brain.

HOW IS IT PERFORMED?

A doctor will explain the reason for the procedure, what it will involve and any associated risks. After you have been provided with this information, you will be asked to sign a form consenting to the procedure.

In the Angiography suite a local anaesthetic will be injected into your upper thigh to numb the area. A fine tube is then inserted into the femoral artery in your groin.

A radio-opaque dye is inserted via the small tube. This dye highlights the blood vessels when the x-rays are taken. You may feel a brief warm flush over your body and a metallic taste in your mouth as the dye is injected.

RISKS

There are possible risks to the procedure you need to be aware of:

1. There is a very small risk of allergic reaction to the dye used. it is important to let staff know if you have any allergies or have had a previous reaction to contrast dye.
2. Because arteries are punctured in this procedure, some people may bleed.

These reactions are rare. If they occur they will be dealt with promptly. If there is anything on this sheet that you do not understand, please do not hesitate to ask the nursing staff.

PREPARATION

You will be given an arrival time of 7.30am or 11.30am. An Angiogram is normally a day procedure. Please have transport arranged for your discharge. Wash your groin area well.

You may find it helpful to bring a small overnight bag with you. You may end up staying overnight if your procedure is late in the day, or treatment such as Angioplasty is performed. Angioplasty involves a small balloon being passed through the tube in the groin to clear a blockage.

Please do not bring large amounts of money or any valuables with you into hospital.

Medications:

Take your usual medications unless told otherwise. Please bring all your medications with you.

Fasting: Stop Eating and Drinking!

If your procedure is scheduled for the morning:

Stop all food from midnight on the day before the procedure.

You may drink water until 6.00am.

If your procedure is scheduled for the afternoon:

Stop all food from 6.00am on the day of the procedure.

A light breakfast, that is cereal, toast or fruit but not fried or fatty foods may be eaten on the morning of surgery. This must be finished by 6.00am. You may drink water until 10.00am.

Milk, fizzy drinks, alcohol chewing gum and lollies are all counted as food.

On arrival:

When you arrive on the ward a nurse will prepare you for your examination. This includes measuring your blood pressure, inserting an intravenous cannula into your hand or arm and shaving a small area of hair from your groin. You will also be asked to change into a hospital gown.

POST PROCEDURE

You will need to lie flat for two hours and stay in bed a total of four hours. To prevent bleeding you will have to keep your leg with the puncture site straight.

If bleeding occurs from the groin site, pressure will be applied to the area. You may be asked to press on your groin wound while lying in bed. You may eat as desired once you can sit up.

After four hours you will be able to get out of bed and mobilise quietly. If everything is satisfactory after six hours you will be able to go home. Please follow the discharge advice that is given to you.

You cannot drive yourself home under any circumstances.

There must be a responsible adult at home with you for the next 24 hours.

If you live outside the Wellington area, you will need to organise accommodation in Wellington for the night following the procedure. If there are no complications, you may travel home the following day. Please feel free to discuss this during your pre-assessment.

Following your discharge, an appointment to see your Specialist will be sent in the mail. This appointment is approximately four to six weeks after your procedure to discuss the results of your angiogram and to decide the next course of action.

Cancellation

The time given for your procedure is only approximate. There is a possibility that your procedure may be delayed or postponed, sometimes at short notice if there are acute patients.



Capital & Coast

District Health Board

ŪPOKO KI TE URU HAUORA

Angiogram

Information sheet for patients