

Peripheral Angiogram and Angioplasty

PERIPHERAL ANGIOGRAM

What is an Angiogram?

An angiogram is a special x-ray of the arteries/veins used to determine if there are any abnormalities or blockages. The procedure generally takes 30 – 45 minutes.

Preparing for the Procedure

Prior to your procedure the secretary will advise you of your admission date and time. You may be admitted the night before or the morning of the procedure.

You will be asked to fast from food from midnight the night before your procedure. You may drink fluids until one hour before the procedure.

Take all your usual medications on the day **except** diabetic or anticoagulation (Warfarin or Plavix) medications. You will be advised when to stop taking your Warfarin. Continue to take aspirin as usual.

If needed, a blood test will be performed either prior to admission or within a short period after arrival at the hospital.

You will not need to remove your glasses, hearing aids and dentures. You will be awake throughout the procedure. Please empty your bladder before the procedure.

The procedure

The Angiography Suite is similar to a small theatre. You will be helped onto a narrow table where your blood pressure and oxygen meas-

urements are monitored.

A local anaesthetic is injected in your groin/arm to numb the area. A tube is then inserted into your artery/vein through which a catheter is introduced.

Once the catheter is in place, dye is injected through it. As the dye flows through the arteries/veins, ray pictures are taken.

When the dye is injected you may experience a burning feeling which should subside rapidly

On rare occasions you may experience nausea, palpitations or hot flushes. If this feeling does not subside, please tell the doctor.

If you experience any unusual sensation during the procedure please tell the doctor.

At various times during the test you will be asked to hold your breath and stay still for several seconds. This helps to get a clear x-ray picture.

Once the angiogram is complete and if you do not need any further treatment the doctor will remove the tube and exert pressure with his fingers or with a clamp to seal the opening to the artery/vein.

PERIPHERAL ANGIOPLASTY

What is an Angioplasty?

An angioplasty is one of the methods of treating peripheral vascular disease. It improves blood flow to distal vessels (the vessels past the blockage), by reopening narrowed or blocked sections of peripheral arteries using a small balloon. The balloon is then deflated and is withdrawn from the vessel.

The procedure is similar to an angiogram and will usually take 50 minutes to an hour.

Preparing for the Procedure

In some cases the angioplasty may be done after the angiogram, or it may be necessary to be readmitted to hospital for the procedure. If you are readmitted, it will most likely be due to the location of the blockage and the artery which was puncture to perform the angiogram.

The procedure

To perform the angioplasty the doctor will insert a small balloon catheter which is moved along the artery.

When it reaches the narrowed portion of the artery the balloon will be inflated and deflated several times.

The inflated balloon compresses and splits the fatty deposits (which have narrowed the artery) pushing them out to the sides. The internal diameter of the artery will be enlarged, allowing improved blood flow.

The doctor will inform you when the balloon is inflated as you may experience some discomfort while the blood flow is interrupted. This should stop when the balloon is deflated.

The procedure is completed when the doctor decides that the artery is open and has achieved a good blood flow.

The catheter is then removed. The plastic sheath is removed from the groin and pressure

is applied for 10 – 15 minutes, so that a seal can form at the puncture site.

Post Procedure

When the procedure is complete, you will be moved back to the ward. You will need to stay in bed for 4 – 6 hours depending on your Doctor's instructions.

The leg of the affected groin must be kept straight.

The head of the bed can be raised to the approximately 30°. You may eat and drink on return to the ward.

Your blood pressure pulse, foot pulse and puncture site will be checked frequently.

Please report immediately any of the following:

- Fresh bleeding from puncture site
- Numbness swelling or pain at the puncture site
- Feeling unwell
- Altered sensation in the legs

You will need to use a bed pan or urinal if you want to pass urine while you are confined to bed.

Following angiogram, you will be discharged on the same day; for angioplasty and/or stent you will be required to stay overnight and be discharged the following day.

Discharge Information

You must not drive a car on the day of your procedure, and for 24 hours post procedure.

Therefore it will be necessary to arrange for someone to drive you home from hospital.

Avoid any strenuous activities for at least 24 hours following the angiogram.

If bleeding occurs, apply firm pressure to the puncture site, rest quietly and contact your doctor.

If the puncture was made in the groin, please remove the dressing the following morning. If there is no swelling, you may also resume normal activities at that time.

Please make a follow up appointment with Dr Sieunarine in order for the puncture site to be checked, and to discuss findings and further managements.

If you are planning to fly less than two weeks after your procedure please make sure you have a follow-up to discuss your recovery.

Important:

If you experience any of the following symptoms please call your doctor and/ or Dr Sieunarine

- Increased swelling around the wound
- Excessive bleeding
- A change in sensation or feeling in your leg

REST QUIETLY

For assistance please contact the Clinical Nurse of the Angiography suite or the after hours clinical nurse manager of the relevant hospital.

Dr Kishore Sieunarine



'State wide, evidence based comprehensive vascular solutions'

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Information for patients under the care of Dr Kishore Sieunarine

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