

Angiogram

Your doctor has asked us to perform an angiogram.

We have designed this brochure to help you prepare for your procedure.

What is an Angiogram?

An angiogram is an x-ray test to show blood vessels – either arteries or veins. A fine tube (catheter) is threaded into the blood vessels to be examined and an x-ray dye is injected. A series of images are recorded and then reported on by the specialist Radiologist who performs the examination.

Preparation

- You will be given instructions by our booking staff regarding the time of your appointment and any necessary preparation.
- You will be admitted to day surgery.
- Please shower on the morning of your procedure before coming to the hospital.
- You are required to fast for 4 hours prior to this procedure.
- You should take your normal medications with a sip of water.
- You need to notify us and your referring doctor if you are on blood thinning medications or injections (eg aspirin, warfarin, coumadin, Plavix or Clexane etc.) or if you are taking fish oil or krill oil as these also increase the risk of bleeding. These medications may need to be stopped several days prior to the procedure.
- We also need to know if you have had a previous reaction to x-ray dye (iodine contrast), if you have kidney problems or are a diabetic.
- You will be changed into a hospital gown and an intravenous line will be inserted.

Procedure

- You will be taken from day surgery to the radiology department and asked to lie on an x-ray bed. A specialist Radiologist performs the procedure assisted by nursing and technical staff.
- You may be given intravenous sedation to help make you calm and relaxed during the procedure.
- The blood vessels are usually accessed by a needle puncture in the groin although occasionally other access sites are used. Your groin will be shaved if this is the site to be used for access. The doctor will clean the skin with an antiseptic solution and numb the area with local anaesthetic. A needle is then inserted into the blood vessel, a thin wire is placed through the needle and the needle is withdrawn. The catheter is then threaded over the wire and directed to the area of interest using x-rays to help guide its position. Dye is then injected through the catheter and rapid series of x-ray images are obtained.

- Once the examination is complete the catheter is removed and pressure is applied to the groin for several minutes to stop any bleeding.
- A dressing will then be applied.

Post procedure

- You will initially be observed in the radiology department and then returned to day surgery. You need to lie flat in bed for 2 to 4 hours and you must keep your leg still. You can eat and drink during this time.
- You will then need someone to drive you home where you should rest until the following day. You may need to stay overnight in Brisbane if you are from out of town.
- Panadol or Panadeine should help with any pain once the local anaesthetic wears off. Avoid aspirin and other similar drugs like Nurofen which can increase the risk of bleeding.

Care of your puncture site:

- The dressing can be removed after 24 hours.
- Gently clean and dry the site daily to prevent infection.
- Check your site twice a day for several days.
- Before you leave hospital check what your puncture site looks and feels like so you can monitor any changes. Some people may feel a hard pea sized lump and this should gradually disappear. It is not unusual for your puncture site to be tender for a couple of days. Initially the site may bleed slightly and a bruise may appear which should start to fade over a few days.

Activity

- Do not lift anything heavy for 48 hours after the angiogram.
- Do not drive on the day of your angiogram.
- Strenuous activities should be avoided for at least 5 days.

Contact

Please attend an Emergency Department or call an ambulance if you notice any of the following symptoms:

- Bleeding or new swelling at your puncture site. Apply firm pressure.
- Increased swelling or pain in your groin, hip or leg.
- Signs of infection such as redness, heat, fever or discharge.

If you have other concerns please contact our clinic nurses directly on **07 3232 7499** between 8.00am and 6.00pm. The Wesley Emergency Centre is open 24 hours and available on **07 3232 7333**.