

driven home by a responsible adult or accompanied in a taxi.
A responsible adult should stay with you overnight.

We advise that you do not drive for 48 hours after the procedure or do anything strenuous.

Drink plenty of extra fluid for 2 days after the procedure to help clear the dye.

Risks.

Although most procedures are straightforward and without complication, some problems may occur.

These risks will be discussed with you at your preadmission appointment and again on the day of procedure.

The more common complications are:

Mild discomfort in the arm or groin. Bruising in the wrist or thigh after the procedure.

Rarely the following complications may occur:-

Reaction to the dye - Less than 1 in 1000

*Heart attack or stroke - Less than 1 in 1000

Vascular damage - Less than 1 in 1000

*Stroke - Less than 1 in 1000

Allergy to x-ray dye - Less than 1 in 1000

*Modified from Johnson LW, et al:
Cathet Cardiovasc Diagn 17: 5-10, 1989.

Contact details.

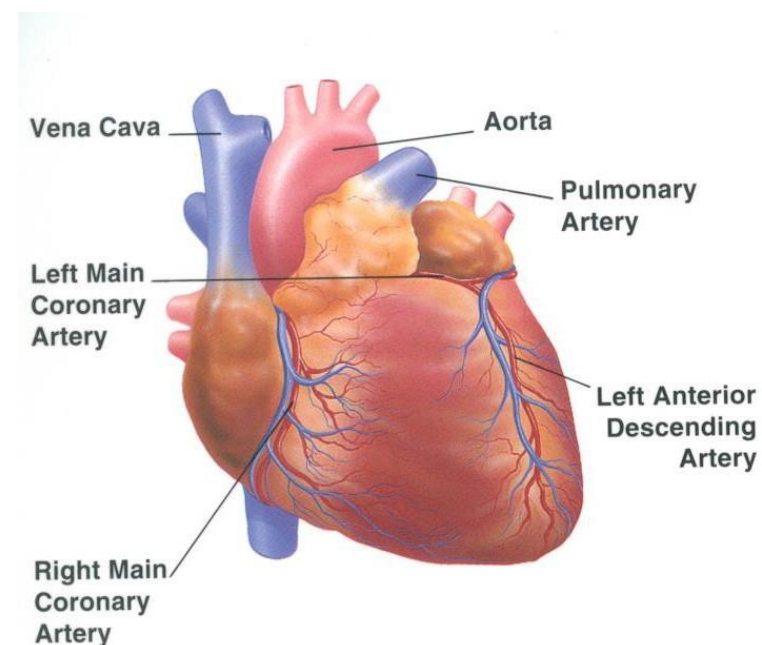
If you have any questions after your pre admission appointment or feel unwell before your procedure, please contact the PreAdmission Nurses or booking coordinator on:

01225 821480/01225 824587.

Or you may wish to contact the Medical Therapy Unit (MTU).

01225 825394.

A Patient's Guide to Coronary Angiogram



**Please read this leaflet and keep it in a safe place
as it contains important information**

The heart.

The heart is made of muscle which pumps blood through arteries (blood vessels). Arteries take blood rich in oxygen to every part of the body. The heart also needs a good blood supply to work properly. The heart muscle is supplied by the coronary arteries.

What is a coronary angiogram?

An angiogram is performed to diagnose heart conditions, in particular coronary artery disease. An angiogram can also provide essential information about how well your heart is pumping and the pressures inside your heart. This information is used to decide the best treatment for you. The angiogram involves placing a thin flexible tube (sheath) into a blood vessel in the wrist or top of the groin. Through this sheath, another thin soft tube (catheter) will be passed. This will allow a dye (contrast) to be injected into the arteries and xrays taken, this will allow the doctor to see how well the contrast flows through the hearts arteries.

Preparing for your procedure.

Your Pre Admission nurses will have informed you when to stop eating and drinking, and whether or not you need to stop taking any tablets (in particular blood thinning medication, Metformin and/or Furosemide). For patients undergoing coronary angiograms or angioplasty you can continue to drink sips of water until your admission. Please bring all your medication with you.

The appointment time on your letter is the time of admission to the Medical Therapy Unit and not your procedure time. The procedure time is subject to change as we provide an emergency service at the RUH and very occasionally this may cause cancellations in planned procedures. We will always inform you of any delays on the day and give you an estimated time for your procedure.

You are welcome to bring a relative or friend on the day of procedure, but please limit this to one person where possible due to limited space and facilities.

During the procedure.

The procedure should take about 20 minutes and will be performed in 'Cath Lab', which looks like an operating theatre. It will be carried out under local anaesthetic. This means you will be awake throughout the procedure, so the operator can talk with you. You may be offered light sedation if required. A local anaesthetic will be injected to numb the area where the tube enters the blood supply. This may cause a pricking and stinging sensation. This will be in either wrist (radial artery) or groin (femoral artery). You will be required to lie flat with one pillow. An xray machine will be positioned above your chest and will move during the procedure to acquire multiple images of the heart arteries. The doctor will use a needle to puncture the blood vessel, you may feel some pushing at this point. Through this, another thin soft tube (catheter) will be passed. This will allow a dye (contrast) to be injected into the arteries and xrays taken.

The angiogram is not a painful procedure but you may experience a hot flush, a metallic taste and a sensation that you are passing water, or some fluttering in the chest. The staff in the Cath Lab will keep you informed at all times during the procedure.

After the procedure.

You will be given your results shortly after the angiogram. The tube in your wrist/groin will be removed when the test is complete. If the groin has been used, you may have a small collagen plug inserted to help seal the blood vessel. This plug will dissolve in about 90 days/3 months, you will be given a card with information about this. If a plug is not used, you may be required to lie flat for an hour after manual pressure has been applied to the puncture site, followed by a period of bed rest (1-2 hours). You will be able to eat and drink normally once you are able to sit up.

If you have had a puncture in the wrist, pressure will be applied to prevent bleeding with a 'watch like' wrist strap. The pressure will be reduced gradually after 1-2 hours following the procedure. You may be able to eat, drink, walk and dress once you have returned to the Medical Therapy Unit. You may be discharged within 3-6 hours of the procedure. You must be