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Patient Information for Angiogram/Angioplasty

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What is an Angiogram?

An angiogram is a special x-ray which looks at your arteries to see if they are narrowed or blocked. It provides valuable information so that decisions on the best way to manage your arteries can be made.



What do I need to do?

1. You need to fast 6 hours prior to the angiogram.
Take any tablets you normally take with a small amount of water on the morning of the procedure. (Important: see Do I need to stop any medication?)
2. Arrive at the hospital at the time that you have been given on your admission letter.
3. Bring any relevant previous x-rays or disc, and your usual medications with you.
4. If there is a possibility of intervention, such as balloon dilatation, you may be required to stay overnight.

Do I need to stop any medications?

Anticoagulants such as **Warfarin, Xarelto, Eliquis or Pradaxa** will need to be withheld for a 3 days prior to and on the day of your procedure (see admission letter).

Diabetic medications such as **Metformin, Diaformin, Diabex, Jardiance or Jardimet** will need to be withheld for 3 days prior to and on the day of your admission (see admission letter)

Aspirin can be continued.

How is the procedure performed?

The angiogram is performed in a special “theatre” called the Catheter Laboratory. It is performed under sterile conditions with all members of the Team dressed in sterile theatre clothes. The procedure is performed under a local anaesthetic, though an anaesthetist will be in attendance to provide sedation if required.

The groin area is prepared with iodine and sterile drapes are applied. The area is numbed with local anaesthetic and a small plastic tube, called a Catheter, placed in the artery. Contrast dye, which can be seen under the x-ray is injected rapidly through the Catheter into the artery and a series of x-rays are taken.

This process may cause a warm unpleasant sensation in your pelvis and legs, which lasts only a few seconds. You will be asked to keep perfectly still. A number of injections may be required to complete the examination. The x-ray machine can be moved around your body to view the arteries from a number of positions.

At the completion of the procedure, the catheter is removed from the groin and pressure is applied to the area for 10-15 minutes to enable the artery to seal and therefore prevent excessive bruising.

How long does the procedure take?

The procedure lasts 30-60 minutes. You will be required to remain in bed for 4 hours following the procedure to ensure that the artery remains sealed and bruising is kept to a minimum.

What am I able to do after the procedure?

If the Nursing Staff are happy that all is well, you will then be allowed to go home. You should ensure that someone is available to drive you home. In addition, you should arrange for someone to be with you until the following morning in case you need assistance.

No Driving for at 48 hours.

Please ensure that you have a follow-up appointment in my rooms within two weeks of the procedure. If you have any queries, please do not hesitate to contact the Rooms.

What am I able to do after the procedure?

Bruising over the puncture site can occur, but is usually not a problem and fades away within a few days.

Damage to the artery is possible, but fortunately this is exceedingly rare. This can result in blockage to the artery and the need for operative correction. Allergic reaction to the contrast are very rare, but can be life-threatening. **Please inform me of any allergy to iodine.** Kidney damage can occur, especially in the kidneys are already functioning poorly.

For that reason a blood test to check kidney function is performed prior to the procedure. If you have any queries, please contact my office on **9372 9999**.