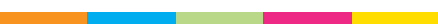


A GUIDE FOR PATIENTS

Coronary Angiogram



AMAZING HEALTHCARE

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HOLLYWOOD
PRIVATE HOSPITAL

Coronary Angiogram

An angiogram (cardiac catheterisation) is a special x-ray procedure, which examines the arteries that supply your heart.

The angiogram takes 30-40 minutes.

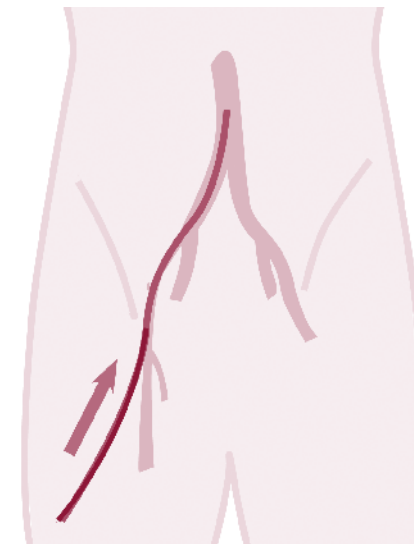
The information obtained from the angiogram will be used by your cardiologist to determine the treatment you require.



Preparing For The Procedure

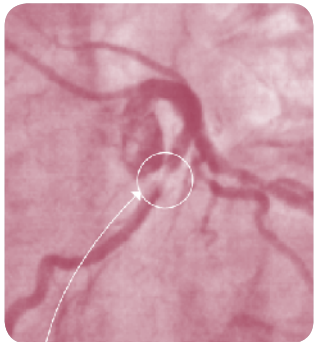
- Prior to the angiogram you will be asked to sign a consent form.
- Fast for 6 hours before the procedure unless otherwise advised by your cardiologist. Continue drinking water.
- Take all medications, including your Aspirin as instructed by your cardiologist
- Bring all your medications in the original packaging to hospital with you.
- An ECG and blood test may be performed if your cardiologist requests.
- An intravenous cannula (IV) may or may not be required.
- You will need to have a shower before the procedure and change into a gown, (which opens at the back).
- The operation site (groin or arm) may need to have the hair removed by electric clippers (this will depend on your cardiologist's preference).
- You will be asked to remove any jewellery.
- You may bring your glasses, hearing aides or dentures. Please ensure all your items are labelled.
- You should go to the toilet before your procedure.
- You are usually awake during the procedure, and if required, a sedative will be given to you before and/or during your procedure. It will help you to relax, but shouldn't make you sleepy.

Catheter insertion into artery at groin



The Procedure

- The catheter laboratory is similar to an operating theatre. You will be helped on to a narrow table and connected to an ECG machine to monitor your heart rhythm. Your blood pressure will be checked frequently.
- The operation site will be cleaned with iodine and covered with sterile sheets. **Please alert ward staff if you have an iodine/shellfish allergy.**
- The site will then be numbed with local anaesthetic and a catheter will be inserted through a plastic introducer sheath into the arm or leg artery. The catheter's progress is observed with an x-ray machine.
- Once the catheter is in place, dye is injected through it and the x-ray pictures are taken.
- Remain as still as possible throughout the procedure and follow the cardiologist's instructions. You may experience any of the following symptoms as the dye is injected: nausea, palpitations, chest pain, hot flushes or a desire to pass water. These feelings should subside quickly, but if they persist, please tell your cardiologist.



An angiogram shows an outline of the coronary arteries. If the arteries are narrowed or blocked, this will be visible.

An angiogram showing a blocked coronary artery.

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After The Procedure

- When the angiogram is completed the introducer sheath will be removed by the angiosuite staff.
- You must remain resting in bed with your leg or arm straight for approximately 2 hours after the sheath has been removed. The head of your bed can only be raised up to 30 degrees.

Groin Approach

- Pressure will be applied to the puncture site for approximately 10 minutes, or your cardiologist may choose to use a perclose stitch or angioseal. When the bleeding stops, a dressing will be applied.

Arm Approach

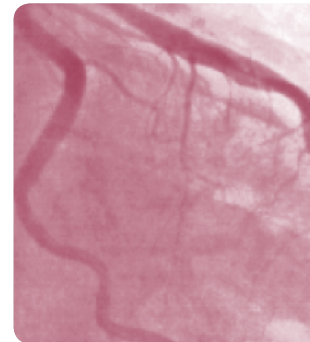
- Pressure will remain on your arm with a TR Band. Nursing staff will remove this pressure as per cardiologists preference.
- Your blood pressure, hand or foot pulses and puncture site will be checked frequently.

- Please report the following immediately:

- chest pain/discomfort
- difficulty breathing
- palpitations
- fresh bleeding from the puncture site
- numbness, swelling or pain at the puncture site
- feeling unwell

- After the procedure you can eat and will be encouraged to drink at least 1 glass of water every hour until discharge.

- You may be reviewed by a doctor before discharge. Your medications and any changes made will also be discussed with you at this point.



An example of a normal angiogram.

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Reduce Your Risk

- A Cardiac rehabilitation program will help most patients reduce their risk for further coronary artery disease. Cardiovascular Prevention and Rehabilitation WA based at Hollywood Private Hospital provides comprehensive multidisciplinary, hospital and community-based services, including

- **Supervised and guided exercise**
- **Education**
- **Emotional & self management support**

The program is flexible and tailored to individual needs. For further information please talk to the ward staff or contact the cardiac rehabilitation team on 08 9389 9655.

- Remember heart disease is largely preventable: Know your cardiac risk factors and take your medications as prescribed by your doctor.

Cardiac Risk factors include:

Non-modifiable risk factors

- increasing age
- having family history of heart disease

Modifiable risk factors

- smoking - both active smoking and being exposed to second-hand smoke
- high blood cholesterol
- high blood pressure
- diabetes
- being physically inactive
- being overweight
- depression, social isolation and lack of quality support

Discharge Information

- Plan to have someone drive you home after your angiogram.
- For 24 hours after your angiogram you must not drive a car and you should avoid strenuous activity and heavy lifting.
- Remove the dressing after 24 hours. Keep the site clean and dry. Watch for the following potential problems:
 - increased swelling or redness around the wound.
 - excessive bleeding. If bleeding occurs, apply firm pressure, rest quietly and call for assistance.
 - a change in sensation or feeling in your leg or arm.
 - a hard 'lump' forming at the puncture site.
- Contact your GP, cardiologist or Hollywood Private Hospital should any of the above problems occur.
- If you had an Angioseal closure device please carry your Angioseal Information Card with you for 90 days after the procedure and follow the instructions on the card.

Please contact Hollywood Private Hospital Coronary Care Unit on 08 9346 6021, if you have any further questions or concerns.

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Hollywood Private Hospital
Monash Avenue
NEDLANDS WA 6909
Telephone 08 9346 6000
www.hollywoodprivatehospital.com.au

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