

You will need to arrange for someone to take you to and from Musgrove Park Hospital in Taunton. You will be discharged the same day after a four to six hour period of recovery post procedure. You will be advised to go home and rest for the remainder of the day.

We recommend that you have someone to stay with you overnight at home following your angiogram if at all possible.

You can return to normal activities the following day and you will be advised about when to return to work. Do not drive, take a bath or lift anything heavy for 48 hours as this may cause bruising or bleeding.

Your groin may be tender for a few days, perhaps with some bruising. Paracetamol or your usual painkillers should be sufficient to relieve any discomfort.

Follow up

After the procedure your consultant will discuss the results with you and follow-up arrangements will be made, according to these results. Your GP will also be informed.

What are the risks and complications?

Any operation may lead to problems, but complications specific to this operation include:

- The most common complication involves bleeding from the artery at the puncture site. If this happens, you will have to stay in your hospital bed for a bit longer, possibly overnight, until the bleeding has stopped
- The chances of the test causing a heart attack (which could be fatal) are about 1 in 1000 cases. Your doctor will therefore not recommend a catheter test unless he feels that the benefit of coronary angiogram outweighs the small risk involved
- The chances of the test causing a stroke are about 1 in 1000. However, heart disease itself can lead to a stroke
- There is a slight chance (less than 1 in 1000) that you might have an allergic reaction to the x-ray dye or drugs used

If you have any concerns **before** the procedure, please call the Cardiac Rehab Unit at Yeovil District Hospital on **01935 384884** (9am to 5pm)

AFTER the procedure, the Cardiac Catheter Lab at Musgrove Park Hospital on **01823 342067** (9am to 5pm)

If you have concerns outside of these hours, please call your on-call GP service or in case of emergency attend A&E.

Coronary angiogram



Coronary angiogram

We hope this leaflet will help you to understand a little more about this procedure and the treatment you will receive afterwards. If you have any further questions, please do not hesitate to ask the nursing and/or medical staff. They will be happy to help you.

What is coronary angiogram?

Coronary angiogram (also known as angiography) is a procedure which provides information about the blood pressure within the heart, the function of the pumping chambers and valves, and the exact position and severity of any narrowing in the coronary arteries using a catheter. A catheter is a flexible plastic tube, about one meter in length and roughly the diameter of the lead in a pencil. It is inserted into your heart via your groin, or very occasionally, your arm.

Preparation for admission to hospital

Coronary angiogram is usually done as a day case at Musgrove Park Hospital in Taunton. The procedure is carried out in the Cardiac Catheter Lab in the Cardiology Department, where a nurse will be with you all the time.

You will need to attend a Pre-Operative Assessment Clinic at Yeovil Hospital before you come into hospital. A nurse will see you in this clinic. You will be asked some questions and be examined.

The assessment will include tests for blood pressure and pulse. You will also be asked to give a blood sample, have a heart trace (ECG) and, if necessary, have a chest x-ray.

The procedure will be explained to you and

you should feel free to ask any questions. Please bring all your current medications with you. If you take Warfarin you will be asked to stop taking it for five days before the procedure. If you are taking Metformin you will also be advised when to stop taking it.

Before your coronary angiogram

You may eat and drink normally up until the procedure. We encourage patients to drink plenty of fluids in order to remain well hydrated.

You will need to shave your groin prior to your angiogram. This needs to be done in the right groin area (a palm-sized area over your groin crease).

To reduce the risk of infection, we ask you to have a bath or shower before coming to hospital, but please do not use talcum powder. When you come into hospital we will ask you to put on a hospital gown.

So that the angiogram may be carried out as safely as possible, we ask you to remove any necklaces and contact lenses that you wear.

Coronary angiogram is performed under operating theatre conditions, so the medical and nursing teams will wear theatre clothing.

The coronary angiogram

A local anaesthetic injection is used to numb the skin so that a fine tube (catheter) can be passed into an artery in your groin (or arm).

X-rays help to guide the catheter to your heart. A dye (contrast) is injected and a series of pictures are taken to give several views of your heart.

During one of the injections you may feel a warm

flushing feeling, which may make you feel as if you are going to pass water, but this will quickly pass.

Patients do not feel the catheter being moved around inside their chest, but they may be aware of the occasional missed or extra heartbeat.

It is possible to watch the procedure on the video screen and to ask questions about what is going on, if you want to.

When the coronary angiogram is completed, pressure will be applied to your groin or arm, usually by means of a device called a 'Femstop', for approximately 15 to 30 minutes. This is to stop any bleeding.

After the coronary angiogram

Once you have been transferred back to the ward you will be able to eat and drink.

If the angiogram has been performed via the artery in your groin, you will be kept in bed for one to four hours (depending of the size of the tube) to prevent any bleeding. A nurse will monitor your blood pressure, pulse and wound (if your arm is used you can sit up straight away).

The dye used in the procedure can often mean that you need to pass water more frequently immediately afterwards. You will be encouraged to drink plenty of fluids for hydration and to flush out the kidneys.

If you take Warfarin or Metformin, the nurse will tell you when to start taking it again and whether to continue at the normal dose.