

# Angiogram

*When coronary artery disease is suspected, a non-invasive diagnostic test may be performed to locate blocked arteries. This procedure is called a cardiac catheterization, coronary arteriogram or angiogram, and will help you and your doctor to determine which course of treatment is right for your condition.*

## *Expertise in Matters of the Heart*

During a catheterization test, or angiogram, a long narrow tube, called a catheter, is passed through a small incision in your groin and up through your arteries until it reaches the heart. Using a special dye and x-ray equipment, your cardiologist can determine whether a blocked or narrowed artery exists, how many blockages there are and where each one is located. Depending on the results of the angiogram, your cardiologist may recommend therapy, bypass surgery or a catheter-based cardiac intervention. Your doctor will discuss treatment options with you following the angiogram.

### **Patient Preparation:**

- Do not eat or drink after midnight the day before or for at least 8 hours prior to the procedure.
- Do not take any medications the morning of your procedure, unless otherwise directed by your physician.
- If you take Coumadin, please obtain instructions from your physician 5-7 days before the procedure regarding when to stop and restart the medicine.
- If you have diabetes, take half of your morning insulin dose. Check your blood sugar, and relay



this information to the nurse or technician. Ask your doctor for further instruction, especially if you take Glucophage.

- Bring your medications with you, along with a list of your daily dosages.
- Plan to arrive at the Cardiac Catheterization Lab 1 hour before your scheduled procedure.
- Because you will be given a sedative, arrange for transportation home following your procedure. Do not plan to drive or operate machinery for the remainder of the day.
- Resting for 48 hours following the procedure is recommended. You will receive written instructions upon discharge.

**What to expect:** A nurse will measure your blood pressure, pulse and weight, and will ask you to describe your medical history and any allergies you may have. Electrodes will be placed on your chest to monitor your heart rhythm. A blood pressure cuff on your upper arm will take measurements every 5 minutes, and a clip on the end of your finger will continuously monitor the level of oxygen in your blood.

Next, an IV with sedative medication is started, and an area of your groin is cleaned and prepared with a warm antiseptic solution. Then a physician will inject a small amount of local anesthetic into your groin to numb the area. This may sting for 30 seconds. The physician then pushes on the groin as a series of three tubes (catheters) are advanced into the artery and up to your heart. You won't feel the catheters. A special dye is injected into the arteries and pictures are taken from several angles by overhead camera equipment. When the dye is released inside your body, you will feel a warm sensation. If you feel any pain, inform the physician or nurses.

After the procedure, you will be taken to a recovery area where your vital signs are closely monitored. The catheter

*(continued on back)*

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will be removed from your artery and pressure maintained on your groin for 20 minutes. A bandage is placed over the area, and you may receive a collagen "plug" at the site to speed up your recovery. You may not be able to sit up for 2 to 3 hours. If you are allowed to leave the day of the procedure, someone must be available to drive you home.

The intervention procedure itself takes about 20 minutes to 1 hour, but the preparation and recovery time add several hours. Rarely, a cardiologist will decide to proceed with an intervention immediately following an angiogram. This will add 1 1/2 to 2 hours to the procedure, but will require no additional preparation. If a cardiac intervention is performed, you will be admitted to the hospital for an overnight stay.

**At home:** Avoid sitting upright for the rest of the day. Drink plenty of fluids to wash the dye out of your system. You may shower the next day. For 5 days, avoid lifting, strenuous activity, or sitting and driving for long periods of time. You may feel a small lump at the site near your groin where the catheter entered. Complete instructions will be given to you before you are released to go home.

**Call your doctor if you have drainage at the site, a temperature above 101 degrees, or a lump that becomes swollen and tender.**

**Details of Your Upcoming Cardiovascular Test:**

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Please check in 1 hour prior to your appointment.

**Location:**

- |   |  |
|---|--|
| <input type="checkbox"/> Fort Collins – Harmony Campus<br>2121 E. Harmony Road, Suite 200<br>Fort Collins, CO 80528<br>(970) 221-1000, (800) 459-4241 | <input type="checkbox"/> Fort Morgan<br>1000 Lincoln St.<br>Fort Morgan, CO 80701<br>(970) 297-6889, (800) 459-4241                          |
| <input type="checkbox"/> Fort Collins – Poudre Valley Hospital<br>1024 S. Lemay Avenue<br>Fort Collins, CO 80524<br>(970) 495-8160, (800) 459-4241    | <input type="checkbox"/> Medical Center of the Rockies<br>2500 Rocky Mountain Avenue<br>Loveland, CO 80538<br>(970) 624-1800, (800) 459-4241 |



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