

## Are there any alternatives?

The alternative is to have a surgical vascular procedure.

## Female patients

X-rays can be harmful to an unborn baby and should be avoided by any woman who is or may be pregnant. If you think you may be pregnant, please contact the department.

## Can you bring a friend or relative?

Yes, but for reasons of safety, they will not be able to accompany you into the Interventional Radiology Suite.

## What happens after the procedure?

After the procedure it is very important you lay completely flat for two hours. Any movement of the groin initially after the procedure can cause bleeding. After the first two hours you can sit up, but must remain in bed for a further four hours. You will be discharged from hospital after this if there are no complications.

You must not drive yourself to the appointment or home again afterwards.

## Follow up?

You will be followed up in clinic by the vascular surgeons.

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

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Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ تکس اچیک بائیسڈ نی سٹیریمراف لدابتتم تامول عم هی  
شئرپ اڑب ای ناسا نیمن ینھڑپ مک اس یج، نی اور درخواست  
پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات  
کے لیے، اپنی کلینکل ٹیم سے بات کریں!

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Patient information

# Having an angiogram and angioplasty



## **What is an angiogram and angioplasty?**

An angiogram is an x-ray examination of arteries. Normally, blood vessels do not show up on ordinary x-rays, however by injecting a special dye called contrast medium into an artery through a fine plastic tube and taking x-rays immediately afterwards, detailed images of arteries can be produced. Once any narrowing's or blockages can be seen, they can be treated, which is called an Angioplasty. This is a procedure that opens up blockages or narrowing's in arteries that are restricting blood flow, using balloons or metal stents.

These will be performed by an Interventional Radiologist (Specialist Doctor) and a Radiographer and a nurse will assist.

## **Why is it done?**

A narrowing or blockage in an artery restricts oxygenated blood being able to reach tissues below the narrowing. This can cause pain and/or damage to the tissues. By opening the artery and improving the blood flow, symptoms can be significantly improved. The results of the procedure last for a varying length of time dependent on your life style. Smoking, poor diet and a lack of exercise decrease the success of the procedure.

## **Before your examination**

Please inform the department if you are allergic to iodine or any anaesthetising medicines or if you are unable to keep your appointment.

## **Medication and pre-operative preparation**

You should not eat or drink for 6 hours before the procedure. Please take all your medication as usual with a sip of water unless you are on warfarin or any other blood thinner, in which case you should call the department prior to your procedure.

## **On arrival to hospital**

You will be directed to a private cubicle to change into a hospital gown. You will require a cannula (a small plastic tube in the vein) which will be inserted by a member of the team. A doctor will see you to explain the procedure and answer any questions you may have. You will be required to sign a consent form.

## **What happens during the procedure?**

You will be taken into an Interventional Radiology suite and you will be asked to lie on an X-ray table. The team will double check your details and if you have any allergies. The procedure involves a tube being inserted into one or both groins after an injection of local anaesthetic, to allow access to the arteries. A series of wires and catheters are inserted into the arteries to pass the narrowing and allow a balloon to be positioned in the area of narrowing or blockage. The position of the balloon is checked using fluoroscopy (real time X-rays) and injections of a contrast medium (radio-opaque substance). Once the balloon is in the correct position it will be inflated. This can sometimes be painful. If the artery remains open, then the

procedure will finish. If the artery remains narrowed, depending on the position of the narrowing, metal stents may be inserted. You will be taken to recovery after the procedure, and moved to a ward. It is very important you lay completely flat for 2 hours after the procedure, as any movement of the groin area initially after the procedure can cause bleeding. You will then be kept in for observation for a further 4 hours.

## **How long will the procedure take?**

Depending on whether the artery is narrowed, or completely blocked, it can take anything from an hour to three hours.

## **What are the benefits?**

Angioplasty allows the treatment of narrowed or blocked arteries to significantly improve symptoms without invasive surgery.

## **What are the risks?**

- There is a risk of damage to the arteries as devices are passed through.
- During the procedure you may feel some discomfort in the groin, and when the balloon is inflated it can be painful.
- Any procedure where the skin is penetrated carries a risk of infection. All our procedures are undertaken in a sterile environment.

All other risks will be explained to you by the doctor on the day of the procedure.