

## ARTERIOGRAM

### WHY IS THIS PROCEDURE DONE?

Arteries are blood vessels that supply blood to all parts of your body. A peripheral arteriogram is a procedure that looks at your arteries and can show where blood flow may be blocked. Blockages can cause painful leg cramps while walking and also keep foot wounds from healing. It helps your doctor see how well blood moves through your blood vessels. The doctor uses a special dye and X-rays

to help see inside the blood vessels. This test helps find problems like a block, bulge, or narrow place in a blood vessel. This procedure may be done to look at blood vessels in the heart, brain, or kidneys. It can also look at blood vessels in many other parts of the body. The doctor may be able to treat a problem during the procedure.

### WHAT HAPPENS BEFORE THE PROCEDURE?

Your doctor will take your history.

Please talk to your doctor about the following:

1. All the medications you are taking. Be sure to include all prescription and over-the-counter (OTC) medications, and herbal supplements. Tell the doctor about any medication allergy. Bring a list of medications you take with you.
2. Any bleeding problems. Be sure to tell your doctor if you are taking any medications that may cause bleeding. Some of these are Coumadin®, ibuprofen, Aleve® (naproxen), or aspirin. Certain vitamins and herbs, such as garlic and fish oil, may also add to the risk for bleeding. You may need to stop these medications as well.
3. Allergies to any medication or other substances. You may be given a dye called “contrast” for this procedure. Tell your doctor if you are allergic to iodine or contrast dye.
4. If you are pregnant or think you may be pregnant.

- You will not be allowed to drive for 24 hours after the procedure. Ask a family member or a friend to drive you home.
- You cannot eat after midnight the day before the procedure.
- Take your medications with a small sip of water prior to procedure depending on what the nurse instructs for you.
- Your doctor will do an exam and may order lab tests (BUN / Creatinine / PT INR).

### WHAT HAPPENS DURING THE PROCEDURE? (Which takes about 2 hours)

- Once you are in the operating room, you will be given medication to make you sleepy. It will also help you stay pain free during the surgery. The staff will put an I.V. in your arm to give you fluids and medications.
- The exact procedure will depend on the blood vessels to be looked at. The doctor will give you medication to numb the skin area in your arm or groin.
- The doctor will put a needle into the skin to make a hole in the artery. The doctor will put in a small tube called a catheter. The doctor will inject a contrast dye into your system. This will provide a better view of the blood vessels. The doctor will use X-rays to view and guide the catheter. You may feel a flushing sensation or get a salty or metallic taste in your mouth when the dye is injected.
- The doctor may have to balloon the vessel that is narrowed or place a stent. Sometimes this causes a painful pressure sensation during the ballooning.
- Your doctor may determine that you need a stent - a small metal or mesh tube that holds the artery open, letting blood flow smoothly. This is done the same way except the stent is placed over the balloon; after the balloon is inflated and deflated the stent remains in place.
- Sometimes, your doctor may treat a problem during the procedure. The doctor may dissolve a blood clot or place a stent.
- The doctor will remove the catheter. The doctor will apply pressure to the injection site to stop the bleeding.

## WHAT HAPPENS AFTER THE PROCEDURE?

- You will go to the Recovery Room after surgery. Your heart rate and blood pressure will be watched closely. The staff will check for groin or arm bleeding.
- You will need to lie flat and still for 2 hours to prevent bleeding.
- After 2 hours, you will sit up and have something to eat. You will sit up for 2 more hours and then speak to the doctor prior to discharge.
- You may feel pain and soreness at the catheter site. This is to be expected. The doctor can give you medications to relieve the pain.
- Within a few hours, you will get out of bed to a chair. The staff will help you begin to walk around.
- You may be given an anticoagulant in recovery.
- Diabetics that receive I.V. contrast and are taking Glucophage, metformin or Glocovance will receive special instructions post contrast injection.
- No driving for 24 hours post procedure. No exercise until cleared by doctor. No alcohol or operating heavy machinery for 24 hours as well. You will need someone to drive you home.

## WHEN TO CALL THE DOCTOR?

- Signs of a very bad reaction. These include wheezing; chest tightness; chest pain; shortness of breath, bad cough; blue skin color; or swelling of face, lips, tongue, or throat. Go to the ER right away.
- Signs of infection. These include a fever of 100.4°F (38°C) or higher, chills.
- Any signs including pain, swelling, bleeding, coldness, or color change at the catheter site; dizziness, fainting, or tiredness.
- Signs of wound infection. These include swelling, redness, warmth around the wound; too much pain when touched; yellowish, greenish, or bloody discharge; foul smell coming from the cut site; cut site opens up.
- You are not feeling better in 2 to 3 days or you are feeling worse.
- If you start bleeding profusely from the site. Please contact 911.

## WHEN TO ACTIVATE THE EMERGENCY MEDICAL SYSTEM?

**If you have signs of stroke, call 911 right away. The sooner treatment begins, the better your chances for recovery.**

### SIGNS OF STROKE:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

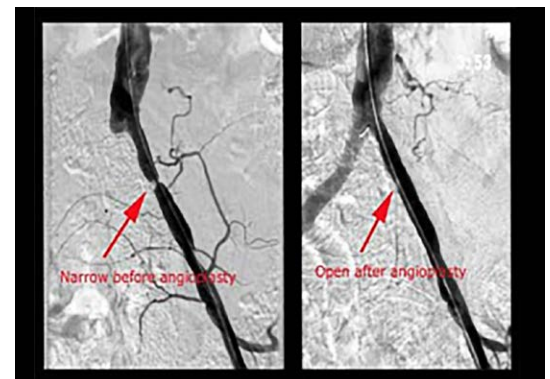
## WHAT MEDICATIONS MAY BE NEEDED?

The doctor may order medications to:

- Prevent blood clots
- Help with pain

## WHAT PROBLEMS COULD HAPPEN?

- Infection
- Bruising
- Bleeding
- Stroke
- Blood clots
- Injury to blood vessels
- Allergy or kidney problem from the dye used



*Photo of before and after an Angioplasty.*