

Information for patients

Introduction

This leaflet has been compiled to help you understand the procedure you are having and to give you some general information about what to expect during your stay.

Please ensure you read this leaflet carefully.

What is a coronary angiogram?

A coronary angiogram allows a detailed view of the heart chambers and the heart arteries.

It enables identification of any sections within the heart arteries that are narrowed or blocked due to coronary artery disease.

It is carried out under X-ray guidance and takes about 30-40 minutes.

Sedation is not given routinely but is available if required / appropriate.

The Consultant will decide whether to access the coronary arteries via the wrist (radial) or the groin (femoral), a local anaesthetic is used to numb this area and prevent pain during the procedure.

A catheter (fine tube) is then inserted into either the wrist or groin.

Contrast dye, which is visible under X-ray, is injected into the catheter and X-ray pictures are taken as the dye enters and moves through the heart arteries.

What is coronary angioplasty?

Coronary angioplasty is a procedure to widen or re-open any identified narrow or blocked sections of the heart arteries. It usually involves the insertion of stents within the narrowed sections to hold them open.

You may be listed for a coronary angiogram with or without coronary angioplasty (often termed a 'query proceed') which means that if the coronary angiogram identifies narrowing or blockages within the arteries they may be widened / opened during the same procedure.

A needle (cannula) will be inserted into one of your veins, usually in the back of the hand or forearm to administer medications if required during the procedure. This will be removed before you leave the hospital and a small dressing applied.

After a coronary angiogram the doctor will usually inform you of the results at the end of the procedure and discuss the course of treatment (if any) that is required with you.

If your procedure is a 'query proceed' you will be informed at the end of the angiogram that you require angioplasty and the procedure will then continue.

Information for patients

Benefits

A coronary angiogram will help your Consultant to decide on the best treatment option for you.

If your procedure is a 'query proceed' your condition will be treated in the same procedure.

Risks

The most common complication following the test is localised bruising in the groin or wrist area. This is usually nothing to worry about:

- Risk of heart attack / stroke / death 1:700
- Risk of bleed requiring transfusion / surgery 1:1000
- Palpitations / abnormal heart rhythm
- There is a small risk of an allergic reaction to the dye
- The figures quoted are average for all cases

All tests carry a risk, but your doctor would not recommend the test unless he felt that the benefits outweighed any risk.

Your doctor will discuss with you any specific risks that may relate to you and once you have been given all the relevant information.

YOU WILL BE REQUIRED TO PROVIDE FORMAL WRITTEN CONSENT FOR YOUR PROCEDURE.

If you have any concerns regarding the potential risks of this procedure then please discuss this on the day of your admission.

It can be helpful to some people to write down their questions, as it is common to forget them when in hospital.

Alternatives

Your cardiologist should have discussed alternative options with you prior to booking your procedure.

Preparation

Requests for Tests / Investigations Prior to Your Admission

ECG (green card) and a blood test.

These tests must be done at the hospital before 1pm on the day prior to your admission or at your pre-assessment appointment.

Information for patients

If you do not have a pre-assessment appointment, please take your forms to the relevant departments to be carried out:

- Electrocardiogram (ECG) – Cardio-respiratory Department
- Blood test – Pathology Department

It is essential that you have these tests done before the day of your admission otherwise your procedure may need to be cancelled.

Prior to Admission

You can eat and drink as normal, prior to the procedure.

You will be in the unit for approximately 4-5 hours if your procedure is a coronary angiogram only.

Coronary angioplasty may require an overnight stay so please bring an overnight bag if your procedure is a 'query proceed'.

Please bring **ALL** your medication with you. If you take any of the following medications please follow the instructions below.

Oral Anticoagulation Medication (Warfarin, Rivaroxaban, Apixaban and Dabigapran):

- You **may** need to stop taking your oral anticoagulation medication prior to your admission. You will be advised at a pre-assessment appointment about this and about any replacement therapy if required
- If you do not receive a pre-assessment appointment please contact the hospital on the phone numbers at the end of this information booklet

Insulin and Diabetic Medication:

- **Please bring your insulin and / or diabetes medication into the hospital with you**
- Insulin and all diabetes medication including metformin may usually be taken as normal up to and including the morning of the procedure. If your Cardiologist requires you to stop taking it prior to the procedure you will be informed at pre-assessment

Other Medications:

- **PLEASE DO NOT TAKE TADALAFIL, SILDENAFIL (VIAGRA), AVANAFIL AND VARDENAFIL FOR AT LEAST 3 DAYS PRIOR TO YOUR PROCEDURE**
- You should continue to take antiplatelet medications (**aspirin, clopidogrel, ticagrelor**) up to and including the day of your procedure unless you have been instructed otherwise
- Please do not take diuretic medication (**water tablets**) on the day of the procedure
- If you have any questions regarding your medications please contact the team on the numbers given at the end of this information booklet

Information for patients

Form / Information

Please complete the enclosed admission form and bring it into hospital on the day of admission.

What to bring into hospital with you:

- Nightwear / dressing gown and slippers
- Medications
- Reading material / glasses

PLEASE LEAVE ALL VALUABLES AND MONEY (OTHER THAN SMALL CHANGE IF REQUIRED) AT HOME.

Visitors

Unfortunately we do not allow visitors to stay in the department due to patient privacy.

You must organize someone to bring you to the hospital and take you home (or contact ambulance transport if this is not possible).

Important information for patients on discharge following a Coronary Angiogram

There is a risk, although very small, of significant (even life threatening) bleeding after the procedure.

It is important that you have made arrangements **prior to your procedure day** for someone to stay with you overnight if you are discharged the same day. If you have not organized someone to stay with you or informed the department staff that you have no-one to do this prior to your procedure date your procedure may have to be cancelled as a bed for an overnight hospital stay cannot be guaranteed or organized at short notice.

Your escort **MUST** collect you from the department after your procedure.

You should go straight home on discharge and it is important that you rest completely for the rest of the day.

If you have sedation during the procedure, it is important that you **DO NOT** drive a vehicle, operate machinery, drink alcohol, or sign any legal documents for at least 24 hours.

You must **NOT** walk home or travel on public transport such as a bus or train for 24 hours following the examination.

Working

As a guide, it is recommended that you refrain from work for 2 -3 days (angiogram) and for 1 week (angioplasty) but this will be dependent on the nature of your work and the route of the procedure and you should discuss it with the medical team.

Information for patients

When can I go home?

After a coronary angiogram you will usually be allowed to go home 3-4 hours after the procedure, providing there are no complications

After coronary angioplasty you may be discharged the same day or you may require an overnight stay. You should prepare for both.

You will be given both verbal and written information on discharge which will be fully explained to you prior to you leaving.

You will also be provided with a contact number should you have any questions after discharge.

Contact Details for Further Information

If you have any queries regarding any of the information contained within this leaflet, or your admission date and time please contact the department where your procedure is booked.

Diana, Princess of Wales Hospital, Grimsby on:

03033 306539 (Secretary)

03033 304659 (Cardiology Day Case Unit)

03033 304741 (Coronary Care Unit)

Scunthorpe General Hospital on:

03033 306542 (Secretary)

03033 302327 (Planned Investigations Unit)

03033 302367 (Coronary Care Unit)

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

Date of Issue: January, 2019

Review Period: January, 2022

Author: Ward Manager - CCU

IFP-0944 v1.2

© NLGFT 2019

