

# Angiogram

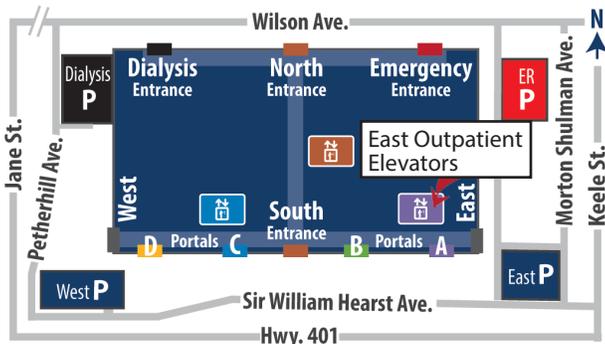
## Appointment Information



You have an appointment for an **angiogram**. Please read this handout on how to prepare for your procedure.

**Location:** Medical Imaging  
Humber River Health, 1235 Wilson Ave.,  
Toronto, ON M3M 0B2

Take the East Outpatient Elevators to level 2. Follow the Medical Imaging Registration signs.



**By car (or Wheel-Trans):** Use the East or Portal A Entrances.

**By TTC:** Use the North Entrance.

### Bring to the hospital:



- Your health card (OHIP) and photo ID.
- All the medicines you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

**Do not** bring jewelry or other valuables.

## What is an angiogram?

An **angiogram** is an x-ray procedure to see changes in the blood vessels, such as narrowing, blood clots, abnormal tissue growth, or other diseases.

## How do I prepare for the procedure?

### TELL YOUR DOCTOR IF YOU:

- Are currently taking any medicine. If you are on aspirin, anti-inflammatories (NSAIDs), or blood thinners, your doctor may instruct you to stop taking these before your procedure.
- Are pregnant, think you may be pregnant, or are breastfeeding. If you are pregnant, we may cancel your angiogram to reduce the risk of radiation to your fetus. It is not yet clear if the dye has any effect on breast milk.
- Have any medical conditions or were recently ill.
- Have any allergies, especially to any medicine or dye containing iodine. If you have allergies, wear your MedicAlert® bracelet on your procedure day.

### ONE WEEK BEFORE YOUR ANGIOGRAM:

- Get bloodwork done **1 week before your procedure**. We will need these results to proceed.

### THE NIGHT BEFORE YOUR ANGIOGRAM:

- Your doctor may instruct you **not to eat or drink anything after midnight the night before (or for several hours before) your procedure**. If you need sedation during the procedure, your stomach must be empty.

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## THE MORNING OF YOUR ANGIOGRAM:

- You may take your usual medicines, as your doctor has instructed, with a small sip of water.  
**Do not take the medicines your doctor told you to hold/stop.**
- Do not wear any jewelry, dental appliances, eyeglasses, hair clips or metal objects that may interfere with the x-ray images.

## **What can I expect during the procedure?**

The procedure may take 1 hour or more. You will be awake for the procedure. We may ask you to change into a hospital gown.

### **DURING THE ANGIOGRAM:**

- We will put an IV line into a vein in your arm or hand to give you fluid and medicine. We may give you sedation through the IV to make you feel calm or sleepy.
- We will numb a small area of your arm/groin with local anesthetic so you do not feel pain. You will only feel some pressure during the procedure.
- We will make a very small incision (cut) into your skin and insert a thin plastic tube, called a catheter, into your blood vessel. X-ray and contrast dye will help us guide the tube to the blockage. You will not feel the catheter moving.
- When it is in position, we will inject contrast dye through the catheter and take x-ray pictures.

### **AT THE END OF THE ANGIOGRAM:**

- We will remove the catheter, apply pressure to the area for a few minutes to stop any bleeding, and then cover the site with a bandage.
- You will stay in hospital for about 2 to 4 hours after your procedure while we monitor you.

**You must have someone drive you home and stay with you for the next 24 hours.**



## **How do I care for myself at home?**

**ACTIVITY:** Rest for the next 24 hours. Do not drive, use heavy machinery, or do strenuous exercise/lifting. After 24 hours, you may resume your regular activities, unless your doctor tells you otherwise.

**DIET:** Resume your regular diet. Drink plenty of fluids to help flush the dye out of your body.

**MEDICINES:** Resume your regular medicines. If you are unsure, speak to your family doctor.

**INCISION SITE CARE:** You may remove the bandage after 24 hours. Do not bathe or shower until your bandage is removed.

**RESULTS:** A report will be sent back to your doctor. This usually takes several days. When your report is ready, you can view it on **myHumberHealth** (<https://myhumberhealth.ca>) or buy an electronic copy from **PocketHealth** (<https://hrh.mypockethealth.com/request>). Please make sure we have your correct email address at registration.



**Go to the nearest Emergency Department right away if you have:**

- A fever of 38.5°C (101.3°F) or higher
- Signs of an allergic reaction to the contrast dye, such as rash, nausea or vomiting, or trouble breathing
- Signs of infection at the incision site, such as increased pain, redness, swelling, warmth, bleeding, or bad smelling discharge
- Coldness, tingling, numbness, bruising near the incision site
- Rapid, pounding, or irregular heartbeat
- Sudden pain or swelling in the legs.