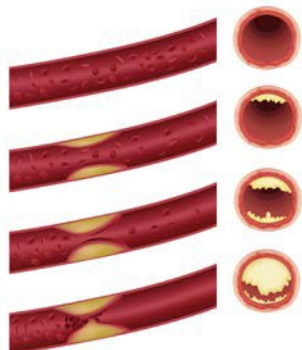
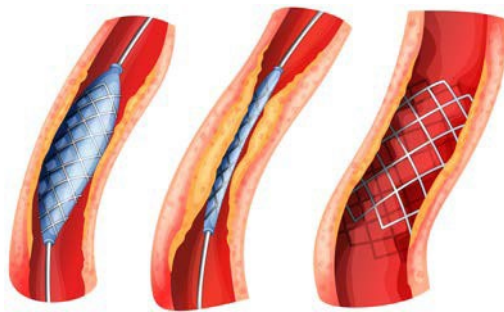


CORONARY ANGIOGRAPHY AND ANGIOPLASTY | OUTPATIENTS

Coronary angiography is a procedure to determine if your coronary arteries (arteries that supply heart muscles) are blocked or not. This nonsurgical intervention consists in inserting a catheter (thin, flexible tube) into your groin or wrist. A hemodynamic cardiologist injects an iodine-based dye into the catheter so that your arteries can be visualized with X-ray imaging to determine the degree of obstruction.



Coronary arteries with different levels of obstruction



Angioplasty with a stent



Coronary angiography image

If any of your coronary arteries are blocked, the hemodynamic cardiologist will perform a coronary angioplasty to open them. He will insert a catheter with a small balloon attached through your groin or wrist until it reaches the blockage. Once the balloon is in place, it will be inflated to push the plaque (deposits) against the wall of the artery so that blood can flow more freely. Depending on the situation, he may also implant a stent (metal mesh) to prevent subsequent blockages.

These interventions are painless since the tissue through which the catheter is inserted is numb during the procedure (local anesthesia). You will not, however, be put to sleep. The intervention lasts from 1 to 2 hours and is performed in hemodynamics at Fleurimont Hospital.

ADMISSION

The Fleurimont Hospital's hemodynamics department will contact you to tell you where to come and when.

Time and date of admission:

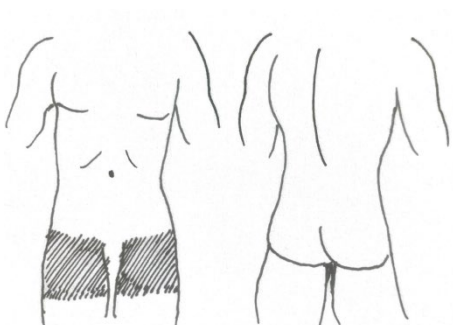
If you must cancel or postpone your admission (cold, flu, fever infection), please contact the hemodynamics department as rapidly as possible at 819-346-1110, extension 14550.

THE DAY OF THE INTERVENTION

- You can have a light breakfast when you wake up (e.g., and coffee): and then fast.
- Take your usual medication except for:

THE DAY BEFORE THE INTERVENTION

Shave the pubic area and groin, as shown in the image. Please shave with an electric razor to avoid damaging the skin, which could lead to infection. Wash the shaved area with mild soap afterwards.



ITEMS TO BRING WITH YOU

- Health-insurance card.
- Hospital card (plum or white colored).
- Slippers.
- Toiletries (toothpaste, toothbrush, soap, denture dish, contact lenses and your CIPAP machine).
- Up-to-date list of medications.
- You may also have blood draws and two venous catheters will be installed.
- Give your jewelry, valuables, credit cards, and money to a family member to prevent loss or theft.

THE INTERVENTION

The procedure is performed by a hemodynamic cardiologist with the assistance of a radiology technologist and nurse.

Hot flashes are normal during coronary angiography when the dye is being injected.

During the angioplasty, you may experience pain similar to your angina pain when the balloon is inflated, but it will only last for a few seconds.

YOUR HOSPITAL STAY

As soon as you return to the unit, the staff will tell you when you can start eating and moving (sit, get up, etc.).

* If the intervention is through the groin, pressure will be applied to the area when the catheter is withdrawn to prevent bleeding. You must remain lying down with your leg immobilized for as long as your doctor orders (approximately about 4 to 6 hours). During this time, you won't be able to bend your leg.

If the intervention is through the wrist, a plastic bracelet will be placed over the wound site to apply pressure to prevent bleeding. You should not use this hand during this period.

Afterwards, you should avoid twisting movements for 7 days.

HOSPITAL DISCHARGE

Depending on the intervention and its outcome, you will be discharged from the hospital in 6 to 48 hours. You'll be able to go home in a car as a passenger. The person escorting you should carry your bags. If you have far to travel, stop frequently so that you can stretch your legs (if the intervention was through the groin).

RECOMMENDATIONS

Wound care

Remove the dressing from your groin or wrist 24 to 48 hours after the intervention and leave your wound open to the air. Bruising in the groin or the wrist area is normal.

Hygiene

- Do not take a bath or swim (pool, spa, lake, ocean, etc.) for 7 days.
- You may shower 24 to 48 hours after the intervention.
- If the intervention was through the wrist, you must not immerse your hands in water (e.g., to wash dishes) for 7 days.

Medication

Take the prescribed medication as directed by the doctor.

If you had an angioplasty with stenting, you will be prescribed an anticoagulant (Plavix® or Ticagrelor®). You must take it as directed by the doctor to prevent another blockage in your artery.

Pain management

You can take acetaminophen (Tylenol®) if you experience discomfort at the intervention site.

Cough and sneezing

For the first 7 days after your intervention, apply pressure over the intervention site to prevent bleeding if you cough or sneeze.

Physical exertion

- If the intervention is through the groin:
- Do not lift anything weighing more than 6 kg (15 lb) (children, grocery bags, etc.) for 7 days.
- Avoid sports for 7 days.

If the intervention is through the wrist:

- Avoid rotating your wrist for 7 days.
- Do not lift anything heavy (children, groceries, etc.) for 7 days.

Avoid sports involving the hands and arm (tennis, baseball, etc.) for 7 days.

Motor vehicles

You may resume driving according to your doctor's recommendations.

The Société de l'assurance automobile du Québec (SAAQ) often requires a medical evaluation before you may drive again.

Insurance companies have specific instructions related to driving after a procedure. For more information, contact your company.

SYMPTOMS TO WATCH FOR

See your doctor if you have the following symptoms:

- Worsening pain that isn't relieved by acetaminophen (Tylenol®).
- Bleeding or swelling in the groin or wrist.
- Fever (38.5 °C or 101 °F) and chills.



Contact your family doctor.



Call Info-santé at 8-1-1.



Go to the nearest hospital emergency department.

Author

Équipe de la cardiologie de l'Hôpital Fleurimont

Revision and Layout

Service des communications
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