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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk



UNDERGOING A CORONARY ANGIOGRAM (Cardiac Catheterisation)

Cardiology Department

Undergoing a Coronary Angiogram

Information for Patients and Carers

This booklet has been designed for patients at Ashford and St. Peter's Hospital NHS Trust undergoing a coronary angiogram (also known as cardiac catheterisation), and their carers.

You may be having the procedure as a day case, or after being admitted to hospital due to angina or a heart attack.

It gives important information about the angiogram procedure, about going home and for activity afterwards.

The Angiography Suite at St. Peter's Hospital is a privately managed unit. Lister InHealth works in partnership with the Trust to provide the very highest standards of care and support, ensuring that the patient is always the central focus of our activity, and by continuous assessment of all aspects of our practice.

Ashford and St. Peter's Hospitals NHS Trust employ the doctors and clinical scientific officers that work alongside the staff in the Angiography Suite.

If after reading this booklet, you have any further questions regarding this procedure please call either:

- **Cardiac Nurse Specialist - 01932 872000**
and ask for pager number **8334**
- **The Angiography Suite - 01932 722262**

Alternatively you can request a copy of the Lister InHealth or Ashford and St. Peter's NHS Trust Complaints Policy by contacting any of the staff at the suite.

If you remain unhappy or have concerns about your treatment please contact
Patient Advice and Liaison Service (PALS)
01932 723553

Healthcare Commission

If you are unhappy with the handling of your complaint, you can contact the Healthcare Commission, Finsbury Tower, 103-105 Bunhill Row, London EC1Y 8TG – telephone **020 7448 9200**.

Should you be unhappy with the handling of your complaint by the Healthcare Commission, you can contact the Parliamentary and Health Service Ombudsman, Millbank Tower, Millbank, London SW10 4QP.

Helpline: 0345 015 4033

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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FURTHER INFORMATION

If, after reading this booklet, you have any further questions regarding the necessity for and/or concerns about going through this procedure, please contact the cardiologist responsible for your care via the appropriate consultant's secretary listed below:-

Dr D Fluck **01932 722 069**

Dr P Wilkinson **01932 723 230**

Dr V Paul **01932 722 230**

Dr I Beeton **01932 722 308**

Additional information may be obtained by logging on to any of the following websites:-

www.bcs.com

www.bhf.org.uk

www.dvla.gov.uk

www.nhsdirect.nhs.uk

www.patient.co.uk

Patient Feedback

At the end of their procedure all patients will be offered the opportunity to complete a patient satisfaction survey. This information is audited and made available to other patients.

If you think it could be improved in some way, we would also appreciate your comments regarding this information.

Complaints

We do apologise if you are unhappy with any aspect of the service provided within the Angiography Suite or ward. Should you wish to make a complaint please address your letter to either the Clinical Nurse Manager or Complaints Department and post to:-

Angiography Suite, St. Peter's Hospital, Chertsey, Surrey, KT16 0PZ.

WHY DO I NEED AN ANGIOGRAM?

An angiogram is performed to find out whether your arteries have become narrowed and whether the flow of blood to the heart is reduced. Narrowing of the arteries may be the cause of symptoms such as pain in the chest called angina.

We also look at the valves and the pumping chamber in the heart.

ASSESSMENT AND CARE

If you are a routine outpatient, you will be given an assessment either by appointment or over the telephone, approximately 2-3 weeks prior to the procedure.

The appointment will be with a cardiac nurse specialist who will describe the procedure, discuss the risks involved and give guidance on preparing for the procedure, including any required changes to your medication, when to stop eating and what to bring with you.

Attendance at this clinic or speaking to the specialist nurse on the telephone is very important for preparing you for the procedure.

Warfarin

If you take Warfarin, you will be given advice for managing your medication before, during and after the procedure.

If you are not sure when to stop your Warfarin, you must contact the Angiography Suite at least **one week** prior to your procedure.

You will also need to have a blood test at an anticoagulation clinic, 7-10 days after your angiogram, to ensure your levels have stabilised.

If you have diabetes and use insulin, please contact the Diabetes Nurse one week before your procedure to receive appropriate advice for managing your medication and diet before and during the procedure. The numbers to ring are:

- **St Peter's Hospital - 01932 872000** and ask for extension **3315** or the Diabetes Nurse
- **Ashford Hospital - 01784 884488** and ask for extension **4997** or the Diabetes Nurse

If you have diabetes and are taking Metformin/Avandamet tablets, you should stop taking the tablets the **day before** your procedure.

Do not stop taking other diabetic tablets.

Bring your glucose tablets or a snack with you on the day of your procedure.

THE EVENING BEFORE YOUR PROCEDURE

On the evening before your procedure, please shave your right groin 2-3 inches either side of the crease.

If you are unable to manage the shave please do not worry, a nurse will help you when you arrive on the ward.

ON THE DAY OF YOUR ANGIOGRAM

You must avoid alcohol for 24 hours before and after the angiogram to avoid any complications from bleeding.

If your procedure is in the morning, you must not eat or drink anything after 06.00 hours. If your procedure is in the afternoon, you can have a snack and drink up to 11.00 hours after which you can have sips of water (approx 10mls).

For both morning and afternoon procedures, you should take your usual medication (including blood pressure or water tablets) at 06.00 hours with a small amount of water.

Please do not take Aspirin, Clopidogrel or Persantin in the morning.

This will enable the consultant to decide what, if any, further treatment is required.

RISKS OF CORONARY ANGIOGRAM

In order to consent for the angiogram procedure, you must understand the possible adverse effects and risks involved. These are:

- Bleeding or bruising around the area where the catheter was inserted.
- In 1 in 100 cases, a patient will have a mild allergic reaction to the dye. This is usually very mild and temporary, such as a skin rash, headache, nausea or visual disturbance.
- In 1 in 500 cases, the catheter may cause damage to the groin artery requiring surgical repair.
- In 1 in 1000 cases, the procedure may lead to a heart attack, stroke or death. If you are experiencing angina or heart attack at the time of the procedure, or if you have diabetes, the risk may be increased
- In 1 in 1000 cases (0.1%), the procedure will require Emergency Coronary Angioplasty (balloon treatment) or Coronary Artery Bypass Graft surgery.

Angioplasty is a procedure undertaken to improve blood supply to the heart muscle using a balloon and, in some cases, a stent which is a small mesh tube introduced into the artery and positioned at the site of the narrowing.

A Coronary Artery Bypass Graft is a surgical procedure where a blood vessel (artery or vein) is removed from one part of the body and placed on the heart to "bypass" a blocked coronary artery. This procedure is not performed at St. Peter's Hospital.

ALTERNATIVES TO THIS PROCEDURE

Other tests such as ECG, echocardiogram, blood tests, or treadmill ECG are available, but these will not show narrowing of the coronary arteries, which is the main benefit of the Coronary Angiogram Procedure.

During the first 48 hours after your angiogram your activities should be restricted. To ensure recovery of the artery, you should not do any heavy lifting, bending, or drink alcohol for the first 24-48 hours.

If the groin artery has been used, when moving in and out of the car, going up and down stairs, or sneezing, coughing or laughing, apply gentle pressure to the groin area to support it and prevent pain.

Keep the area clean and dry. Do not apply talc to the area for 48 hours. Do not have a hot bath or shower on the evening of your angiogram as it may disturb your groin wound and increase the chance of bleeding. Avoid baths for 48 hours, but showers are acceptable from the next day.

At first the groin may feel tender and bruised and you may develop a small pea sized lump. This is normal and should flatten within the next 2-4 weeks. Bruising around the puncture site is common and can extend down the leg or upper arm. This may take 2-3 weeks to clear.

It is normal to feel some pain from the wound and a painkiller, such as Paracetamol, is usually helpful. Do not take Aspirin as a painkiller.

If the lump feels larger than pea-size, appears to be increasing in size, with the bruising getting darker, harder and painful, or you notice a discharge, you must see your GP or call the Angiography Suite on **01932 722262**. If out of hours, you should contact your local Emergency Department.

It is important to avoid constipation, particularly in the first week, as straining can increase pressure on the wound site.

If, after discharge, you develop a rash or side effect which you feel may be due to the contrast dye, please contact the Angiography Suite or Cardiac Nurse.

BENEFITS OF CORONARY ANGIOGRAM

Having a coronary angiogram performed will provide your consultant with detailed information about your coronary arteries, and whether there is any reduction in blood flow to your heart caused by narrowing.

Please bring all your medications with you on the day of the procedure. If you have diabetes, please follow the instructions given to you.

Please bring your dressing gown and slippers with you. Nightclothes are not necessary as you will be given a gown to wear.

Avoid bringing any valuables or cash with you, as these may be left unattended while you are undergoing your procedure.

Please note the Day Surgery Ward is a mixed gender ward.

BENEFITS OF CORONARY ANGIOGRAM

Having a coronary angiogram performed will provide your consultant with detailed information about your coronary arteries, and whether there is any reduction in blood flow to your heart caused by narrowing.

This will enable the consultant to decide what, if any, further treatment is required.

WHERE TO GO

Bay D, Endoscopy Unit, Level 3, Outpatients Departmental Block, St. Peter's Hospital, Chertsey

Telephone: **01932 722166**

Due to limited space in the Endoscopy Unit, we ask that you only bring one person with you. You must be escorted or driven home after the procedure, as you must not drive for 24 hours. A responsible adult should stay with you overnight.

THE ANGIOGRAM PROCEDURE

During your admission, you will be asked to put on a gown and paper pants. Your details will be checked and a name band placed on your wrist.

The procedure is performed in a special x-ray room which looks like a small operating theatre. You will be asked to walk to the Angiography Suite or, if you are unable to walk, a wheelchair will be provided.

Please take your glasses with you to ensure you can read and confirm details on the consent form.

There will be several members of staff in the room during the procedure including a doctor, nurses, a cardiac technician and a radiographer.

You will lie on your back on a special x-ray table and be asked to put your hands above your head. The radiographer will move the table and camera into position so that the x-ray pictures can be taken.

The procedure will most often be undertaken through the groin artery. In a few cases, due to problems with circulation of blood in the legs, the catheter will be introduced through the artery in the elbow.

The skin around the groin (or in the wrist or elbow) is numbed with a local anaesthetic. Once numb the doctor will insert a small tube, called a sheath, into the artery. A catheter is then inserted through the sheath and guided through the artery until it reaches the heart.

Contrast dye is injected into the coronary arteries in order to outline them on the x-ray. During one of the injections, you may feel a hot flush as the dye is injected and you may feel like you have passed urine. This feeling is only momentary and will pass quickly pass.

You will be asked to hold your breath while each x-ray is taken. At the end, the catheter will be removed by the doctor.

The procedure will take approximately half an hour. You will then be taken to the recovery room where a nurse will apply pressure to the wound for approximately 10 minutes after the sheath is removed.

If the incision is in the middle of the arm, you will receive 3-4 stitches. If the wrist artery has been used, a pressure dressing will be applied for approximately 2 hours.

A doctor will discuss the results of the angiogram with you and give you the opportunity to ask any questions. The doctor will discuss any changes to

your medication or further treatment that may be required. A letter will be sent to your GP confirming this information.

You will then rest for 2-3 hours. For the groin artery for the first hour you will be nursed flat with one pillow. To avoid bleeding from the groin site, it is important that you do not bend your leg during this time. To detect any restriction in blood flow to the lower limbs caused as a result of the procedure, your foot pulses will be checked.

If the wrist artery is used, you will need to rest for 2 hours. To detect any restriction in blood flow caused as a result of the procedure, the pulse in your wrist will be checked.

You may eat and drink. It is important to drink plenty of fluid as this will help to flush the contrast dye through your kidneys.

Providing there are no complications, you will be allowed to go home approximately 2.5 hours after the procedure.

The groin site will be covered with a plaster that may be removed after 24 hours.

If the test was performed via the elbow artery, the dressing can be removed after 24 hours. You do not need to replace it if the wound looks dry.

You will need to make an appointment at your GP's surgery to have the stitches removed on the 5th day after your procedure. If the test was performed via the wrist artery, the dressing can be removed in 24 hours. Do not replace if the puncture site looks dry.

GOING HOME FROM HOSPITAL

You must not drive for 24 hours after discharge. Please arrange for a responsible adult to drive you home and stay with you for 24 hours.

If the wound begins to bleed you, or the responsible adult, should press firmly over the wound area for 10 minutes. It is important to contact your GP or the Angiography Suite for further advice.