



**Southend University  
Hospital**  
NHS Foundation Trust

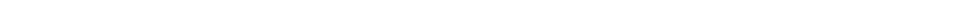
# Patient Information Service

Medicine business unit

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## **Patient information for day case coronary angiography**





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## Coronary angiography

It has been arranged for you to have a coronary angiogram.

A coronary angiogram is a special test that images the arteries which supply the heart muscle and enables your doctor to make informed decisions of your need for further treatment.

It is performed under X-ray conditions in a special catheter laboratory, under strict sterile conditions. Either your groin or your wrist is cleaned and draped in sterile sheets. A local anaesthetic is given before the investigation commences in either your wrist or groin, depending on the route chosen by the doctor.

A thin, flexible tube, called a catheter, is introduced into the artery and passed through your arteries under X-ray guidance until it reaches the correct position in the heart.

A colourless liquid that shows up on X-rays (Contrast) is then injected into the catheter, and its progress can be seen on the video screen. X-ray files are taken as the Contrast progresses through the arteries outlining the blood supply to your heart. You will be awake throughout, and may observe the procedure if you wish.

Some patients experience a flushing hot sensation from the Contrast which will last only a few seconds. You will be advised when to expect this. It is possible that you may experience chest or local discomfort in the arm or leg during the procedure. Please let the staff know if you experience this.

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## Pre-assessment

You will be invited to attend a pre-assessment clinic approximately one month before the investigation.

The nurse will take your medical/social history and will give you information on the procedure. You will be asked to have a blood test prior to your day case admission.

Please bring your medicines with you.

Please feel free to ask any questions you have.

## Medication

You will be advised at your pre-assessment appointment of any medications that you should omit before your procedure.

**IT IS IMPORTANT THAT YOU CONTINUE TO TAKE YOUR USUAL MEDICATIONS UNLESS YOU HAVE BEEN SPECIFICALLY ADVISED NOT TO.**

If you are unsure about these instructions please contact the cardiac and medical day stay ward on **01702 385525** before the day of your procedure.

## On the day of your procedure

You must have nothing to eat for six hours prior to the procedure. To help you to stay hydrated it is important that you continue to drink clear, still, non-alcoholic liquids up until 7.00am for a morning admission and 11.30am for an afternoon admission.

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If the procedure is to be undertaken via the groin, it will be necessary to remove the hair from both sides of the groin. The nurse in the pre-assessment clinic will advise you on this.

You will need to remove any make up and nail varnish and most jewellery before the procedure. This includes the removal of gel nails. Please arrange to do this before coming in to the hospital.

## Things to bring

Please bring with you all medications that you are currently taking.

Feel free to bring an electronic device (with earphones)/paper/ book to help pass the time. Tea, coffee and water will be provided but if you prefer fruit squash/cold drinks please bring your choice with you. It is important to drink following the procedure.

Please do not bring jewellery or money into the hospital as security is limited. Please be aware that the trust can take no responsibility for your belongings

An overnight bag is advisable in case you are required to stay in for any reason. Please also bring your dressing gown and slippers.

## Consent

The procedure will be explained to you and you will be asked to sign a consent form prior to the procedure. This is to ensure that you understand the treatment and its implications.

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## Risks and complications

Risks and complications are usually minor, for example headache, feeling sick and bruising. Some bruising can be extensive and there may be some discomfort at the wound site. Simple analgesia/painkillers such as Paracetamol will normally relieve this.

Bleeding which requires treatment can occur (in 1 in a 100 patients) and is usually controlled by applying more pressure to the wound. Rarely an overnight admission and transfusion may be required.

Serious complications are very rare.

Serious complications include kidney failure, heart attack, stroke or death. These affect one to two people in every 1000 people who have the test.

Rarely emergency heart surgery or surgery to the blood vessels may be required to treat complications.

If you have any concerns regarding the risks, these can be discussed with the nurse on the ward or the doctor prior to the procedure.

## Benefits and alternatives

### Benefits

A coronary angiogram enables your doctor to confirm if your symptoms are coming from your heart and to determine the best course of action to treat your condition, whether that is medical management, ie changing your tablets, coronary angioplasty or coronary artery bypass grafts.

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If coronary heart disease is not treated, annually about three to five people out of every 100 will have a heart attack or die as a result of their coronary heart disease.

### **Alternatives**

There are other methods of imaging the coronary arteries for example a Cardiac CT scan. But none of the other methods are as detailed as the invasive angiogram. Not all patients are suitable to have alternative tests and your cardiologist has made their choice keeping in mind your particular needs.

### **Carer**

You will be in hospital for approximately four to six hours. Unfortunately there is insufficient space on the unit for a companion to stay with you. Please contact the unit if this causes difficulty.

### **After the angiogram**

Following the angiogram you may have to remain on bed rest for a few hours. You will be observed by ward staff but you are encouraged to monitor your wound site and notify your nurse of any bleeding, pins and needles, swelling or pain. You should also inform your nurse if your leg/arm becomes pale or cold.

The nurse will also advise on mobility as your condition allows.

Unless you have been told to restrict your fluid intake you need to drink at least a litre of water/fruit juice or squash in the first four hours after your procedure. This will help your kidneys to pass the Contrast.

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Your doctor will inform you of the result of your angiogram, and discuss with you any plans for future treatment. You will also be informed of any changes to your medications. A letter will be sent informing your GP.

## **Discharge information**

1. You will need to be escorted home, preferably in a car, as minimal walking is advised. You **MUST** be collected from the ward
2. It is advisable to have someone to stay with you during the first 24 hours, but if you have a phone this is not essential
3. Please do not have a bath or shower for 48 hours following the procedure
4. You should not return to work or do any heavy lifting or strenuous exercise for 48 hours
5. You must not drive for 48 hours after the investigation
6. You will be advised how to care for your wound site. The dressing may be removed after 48 hours, or as instructed.

## **When to seek help after discharge**

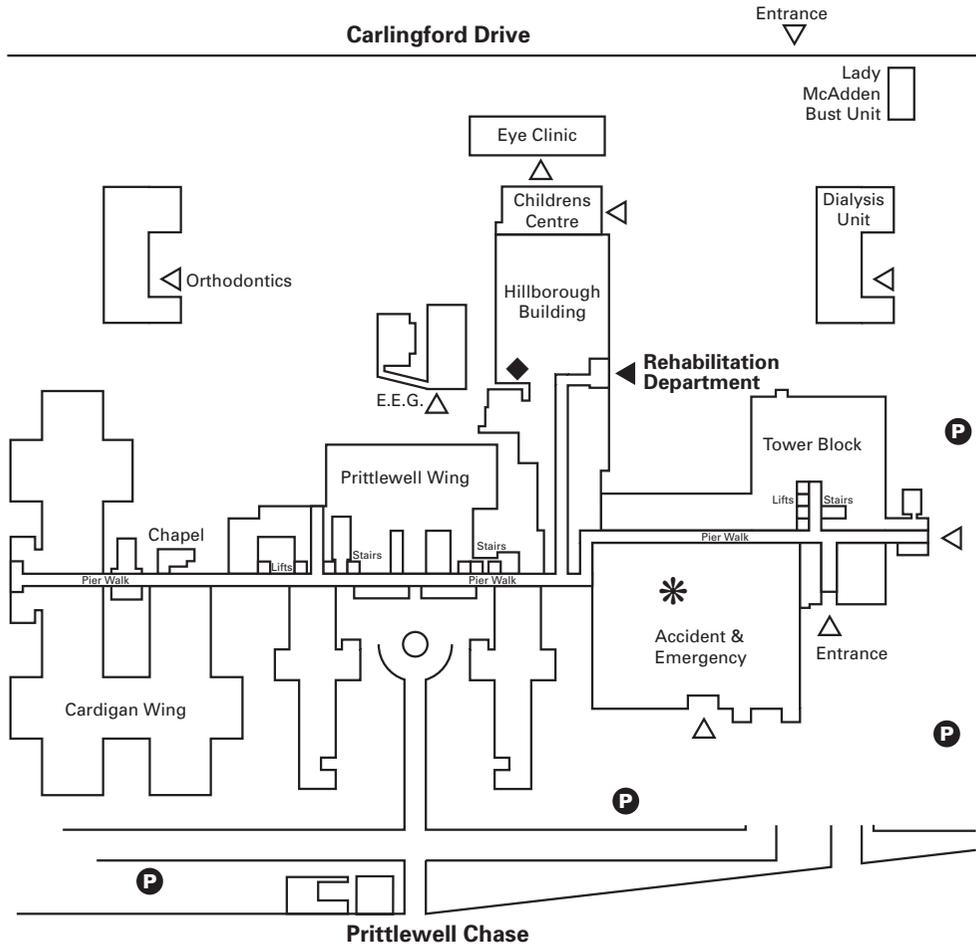
If you have had the procedure via the groin, soft bruising up to the hip and down to the knee are normal. If you had the procedure via the wrist, bruising of the hand and at the wound site is normal.

If you notice that your limb is cold, white or painful or you notice bleeding, excess swelling or bruising at the wound site,

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make arrangements to come to A&E as soon as possible. If any bleeding occurs apply pressure to the wound site and lie flat, you should dial **999** for an ambulance.

# Where we are



\* Heart and chest clinic – 1st Floor

- ◆ Cardiac and medical day-stay ward  
Ground Floor  
Hillborough Building  
Green Zone

Telephone: 01702 385525





**Southend University  
Hospital**  
NHS Foundation Trust

If this leaflet does not answer all of your questions, or if you have any other concerns please contact the cardiac and medical day-stay unit on: **01702 385525**.

[www.southend.nhs.uk](http://www.southend.nhs.uk)

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For a translated, large print or audio tape version of this document please contact:

Patient Advice & Liaison Service (PALS)

**Southend University Hospital NHS Foundation Trust**

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**Westcliff-on-Sea**

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