

## Procedures/Diagnostic Tests

### Arteriogram

*You are scheduled for an arteriogram, also known as an angiogram. It shows where the blood vessels (arteries) are located in your body and helps your doctors diagnose and understand your disease. The procedure is done by a radiologist in the Diagnostic Radiology (x-ray) Department.*

#### Preparation

- After midnight on the day of the procedure, drink only clear liquids. Do not eat anything until the procedure is over.
- You will be given a hospital gown to wear. Please put it on so that it opens in the back. Also, remove all your jewelry.
- For your comfort, please go to the bathroom and urinate before leaving for the procedure.
- Your doctor may prescribe medication to relax you. If you take this medication, stay in bed after receiving it. The medication may be given to you in your room or in the Diagnostic Radiology Department, but only after the radiologist has obtained a consent for the arteriogram.

#### Procedure

- You will lie flat on your back on an x-ray table. The table is lightly padded, but you may still be slightly uncomfortable. If you have any special discomfort, or if you do not feel relaxed, tell the diagnostic radiology staff members. They can help you feel more comfortable.
- An I.V. (intravenous line) will be started in your hand or arm.
- Your heart rhythm, blood pressure, and blood oxygen level will be monitored throughout the procedure.
- A small amount of hair will be shaved from your groin, and a towel will be taped into place. The nurse will clean both sides of your groin with an antiseptic (Betadine) and will place sterile towels there.
- The doctor will inject a local anesthetic to numb the area around the artery near your groin. This will feel like a pinprick and will be followed by a stinging or burning feeling for a few seconds. After the local anesthetic is given, you should not feel any pain in your groin.

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- An x-ray camera will be placed above the area of your body that will be examined. Then a thin, flexible tube (catheter) will be inserted into a blood vessel in your groin. The catheter will be moved until the tip is positioned in the arteries being studied.
  - You will not feel the catheter moving inside you. In fact, you will probably not be aware of it.
  - Liquid dye will be injected into the catheter. This liquid, called a contrast medium, allows your blood vessels to be seen on x-rays. The dye can make you feel warm, and this feeling may last for 15 to 20 seconds. After this short time, the feeling of heat will disappear completely.
  - As the x-ray pictures are taken, lie still and follow the directions given by the radiologist and the diagnostic radiology staff members.
  - When the procedure is finished, the catheter will be removed. You will not feel the catheter being taken out.
  - To prevent bleeding, firm pressure will be applied for 15 to 20 minutes to the artery where the catheter was inserted. A Band-Aid will be put on this area, and you will be taken back to your room on a stretcher.

### **After the procedure**

- You may eat and drink as usual. Your nurse will check you often and will look at your groin to see if there is bleeding or swelling.
- Your blood pressure and pulse will be taken at regular intervals. Pulses in your leg and foot will also be checked.
- Stay flat in bed and do not sit up until your nurse says that this is okay, or for at least 8 hours.
- The leg in which the catheter was placed must be kept straight and flat. You may turn from side to side, but keep your leg straight.
- Two hours after the procedure, the head of your bed may be raised 30 degrees.
- Drink lots of fluids, especially water, unless you are specifically told not to. This helps flush the dye out of your body. Your nurse will measure the amount of liquid you drink and the amount of urine you pass.
- Let your nurse know if you notice tingling, bleeding, swelling, pain, or other problems.
- Do not do lifting or strenuous exercise for 4 weeks.

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- Avoid going up or down stairs for the first 24 hours.
  - The day after the test, you may remove the Band-Aid from the catheter site and take a shower. Later, your doctor will discuss the results of your arteriogram.

If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

## Special instructions

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