

An Angiogram is a standard x-ray procedure designed to obtain pictures of your arteries.

This will be performed in the Canberra Imaging Group Angiography and Interventional Suite at Calvary John James Hospital.

The Procedure

Your angiogram involves the use of a local anaesthetic. You will be awake during the procedure. A needle puncture is made into the artery in the groin and a catheter (hollow flexible plastic tube) is inserted into the blood vessel and manipulated using a flexible wire. A fluid which contains iodine (also known as 'dye' or 'contrast') is injected into the bloodstream which makes the vessels become visible with x-rays. A series of x-rays are taken, to produce a map of your blood vessels. While the contrast is injected and the images are being taken, you will have to lie still and are sometimes asked to hold your breath. As the contrast is injected you may get a hot sensation in that area or a metallic taste in your mouth, this is a normal reaction and there is no need to worry. A blood pressure monitor and a finger oxygen monitor will be used throughout the procedure. This is routine for all patients.

Fasting

Fast from solid food 2 hours before your appointment time, but we encourage you to drink plenty of fluid up until 2 hours before the procedure. This helps your kidneys to excrete the contrast from the body more efficiently.

Insulin Dependent Diabetics DO NOT fast.

Risks

Significant complications from angiography are rare.

Occasionally a patient may experience a drop in blood pressure during the procedure which may make you feel unwell (nausea, sweating, light-headedness). Nursing staff will be close by to care for you if this happens, and it is usually remedied by giving you 'extra fluid' and/or sometimes a drip.

If you have impaired kidney function, this may be worsened by the injection of the contrast or in extreme cases induce renal failure requiring treatment.

Allergic reactions to iodine based contrast are no more common than for other drugs. The most common allergy symptoms are mild, sneezing, rash and/or hives.

Sometimes but very rarely, the procedure can cause the artery to occlude or 'block off'. This can be caused by damage to the arterial wall or dislodgement of 'plaque' which has built up inside the artery.

Medications

A member of our nursing staff will contact you approximately 1 week prior to your appointment to give advice on medications and the procedure itself, and answer any of your questions.

You should keep taking your normal medications unless otherwise advised by our nursing staff when they contact you.

If you are prescribed a diuretic this should not be taken on the morning of your procedure. A diuretic is a medicine which increases the amount of water that you pass out from your kidneys - they are sometimes called "fluid tablets".

If you are prescribed anti-coagulant therapy such as Warfarin (blood thinning tablets), you must contact the Angiography and Interventional Suite at least 1 week before your Angiogram to discuss stopping the Warfarin. This medication is usually stopped 6 days before the procedure. Your doctor will regularly monitor the blood clotting level to ensure your dosage is correct. You may be required to have a blood test to check that your blood is not too thin for the Angiogram to proceed.

Other anti-coagulant agents such as Plavix or Clopidogrel are usually ceased 24 hours before the procedure. These medications increase the risk of bleeding after the Angiogram.

If you are an insulin dependent diabetic or you are prescribed Metformin for diabetes, please notify us immediately. Metformin medication must not be taken on the day of your procedure and should be discontinued for 48 hours after the contrast injection.

Canberra Imaging Group complies with the guidelines adopted by the Royal Australia and New Zealand College of Radiologists (April 2016).

"For patients with a renal function eGFR greater than 45ml/min no special precautions are necessary. Patients with an unknown eGFR or an eGFR less than 30ml/min, or who are unwell or have a deteriorating renal function should cease Metformin for at least 48 hours from the time of the contrast examination and an eGFR in the normal range for this patient performed prior to restarting Metformin."

Please bring any medications which you are likely to need during your stay.

After your Angiogram

You have had a procedure that required puncture of the main artery in the groin.

It is possible that a bruise will develop in the 24 hours immediately following.

Should you experience sudden groin pain, swelling or bleeding you should seek medical advice, either by calling the angiography suite, or, if out of hours, contact the Canberra Hospital Accident and Emergency department on (02) 6244 2222.

Restricting movement of the leg to walking only is important in the first 36 hours after the procedure.

You will need to stay with us for approximately 4 hours after your procedure to make sure there is no bleeding at the puncture site.

You MUST have someone else drive you home at the end of this observation time and be able to rest until the following morning. It is recommended that someone else be available during this time should you require any assistance.

If you live a long way out of town it is recommended that you stay overnight in Canberra.



Appointment

Please phone or SMS our friendly booking service on 1300 788 508 or request an appointment online www.canberraimaging.com.au

What to bring

- Please bring the following items with you to your appointment:
- Your referral
 - Any relevant films
 - Medicare card
 - Pension / Health Care card

Your results

Your doctor will receive fast and convenient electronic access to your reports and images. Canberra Imaging Group strongly advise that you return to your referring doctor in order for your doctor to discuss your results with you.