

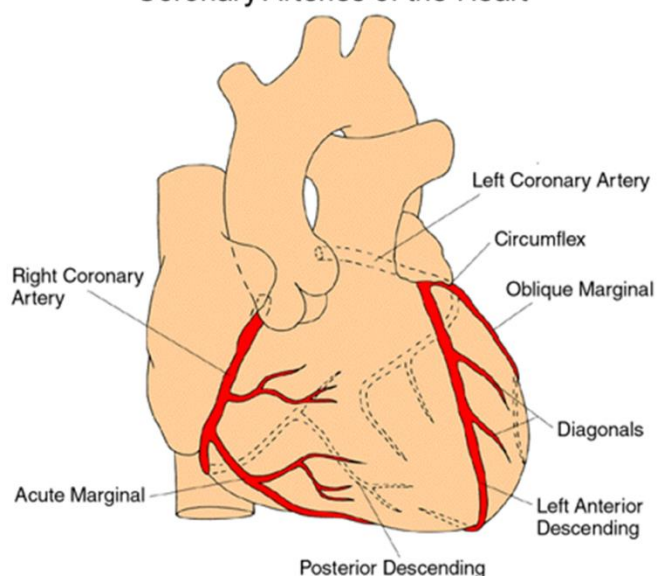
Patient Information

Coronary Angiogram and Stent Insertion – Wiltshire Cardiac Centre



This leaflet is designed to give you and your family information prior to your angioplasty.

Coronary Arteries of the Heart



The Heart

The heart is a powerful pump that is responsible for delivering blood to all the vital organs in your body through a complex network of arteries and veins. In order for it to do this properly, it needs its own good blood supply and it gets this from the Coronary Arteries.

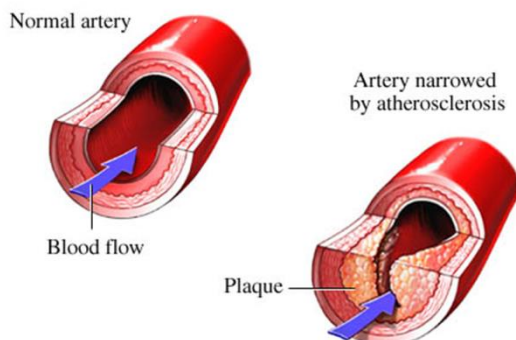


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What is angina?

Angina is a sensation that occurs when the heart muscle is not receiving an adequate supply of blood. This is caused by narrowing in the coronary arteries. The sensation may be hard to describe but it is usually felt as a pain, discomfort, burning, tightness or heaviness. It may be felt in the chest, arms, neck or jaw. Sometimes it passes into the shoulders and back.

The narrowing of the arteries is caused by atheroma. Atheroma is like fatty patches or plaques that develop within the inside lining of arteries.

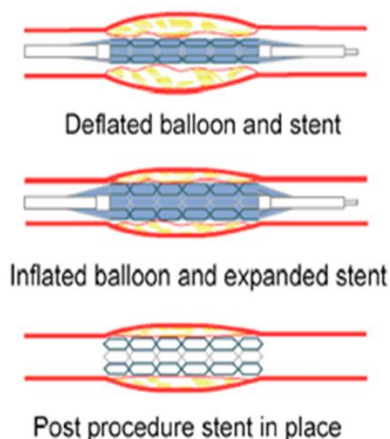


Plaques of atheroma may gradually form over a number of years in one or more places in the coronary arteries. These can become bigger and cause enough narrowing in one or more of the arteries to cause symptoms

What is a coronary angioplasty and stent?

Coronary angioplasty is a procedure where a narrowed section of a coronary artery is widened by using a balloon and a stent attached to a catheter.

A catheter is a thin, flexible tube that is inserted into a coronary artery. The balloon at the tip of the catheter is blown up at the narrowed section of artery to force it wider. A stent (a small tube) is left in place to keep the artery widened.



What happens before the procedure?

The pre-assessment appointment:

You will be asked to attend a pre-assessment appointment in the Cardiac Out-Patients Department with a specialist nurse who will explain the procedure to you and answer any questions or concerns that you may have. Your consent for the procedure will be obtained. You will also need to have a blood test and chest x-ray performed. The pre-assessment nurse will advise you about this.

Please bring this leaflet a assessment appointment.

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Do I keep taking my usual medication?

The nurse will advise you if you need to stop or change any of your medication prior to your procedure.

Warfarin & Direct Oral Anti-Coagulants (Warfarin alternative):

♥ If you are taking Warfarin you may need to stop taking it three to five days before your procedure (unless you have a metallic heart valve). If you are taking a NOAC you may need to stop taking it two or three days before. The pre-assessment nurse will advise you further.

Diabetic Patients:

♥ You will need to stop taking **Metformin** on the day of the procedure, & restart it two days afterwards. If you take **Insulin & other diabetic tablets** – please take half your usual dose with a light breakfast by 06.30 hours on the morning of the procedure.

♥ You will need to take a medication called **Clopidogrel** before the procedure can take place. You will be given this at your pre-assessment if not already prescribed, and the nurse will discuss this with you.

What happens on the day of the procedure?

♥ You can eat a light breakfast and take your medication (as advised) by 06.30 am. We encourage you to drink plenty of water until 07.00 am.

♥ Please wear comfortable loose fitting clothing. You may also like to bring something to read as you may be here for most of the day.

♥ Please bring your medication with you.

♥ Please report to the Cardiac Catheter Laboratory at 08.00 am on the day of your procedure. The reception desk may be unmanned, but please take a seat in the waiting area.

What happens during the procedure?

♥ The angioplasty is performed using an artery in your groin or wrist. The doctor will give you a local anaesthetic to numb your skin.

♥ The doctor will pass a balloon catheter into your artery. The balloon is inflated, the artery is stretched and then the balloon deflated. A stent may be fitted at the same time. You may experience chest pain/discomfort during this time, this normally eases once the balloon has been deflated.

♥ The procedure is performed in the Cardiac Catheter laboratory. This is a special theatre with x-ray equipment- see below photo.

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What are the possible risks, complications or side effects?

Although most procedures are straightforward, there can be occasional complications, which will be explained to you at your pre-assessment appointment. These may include:

- ♥ A bruise may form under the skin where the catheter was inserted, this is not serious but it may be sore for a few days.
- ♥ Sometimes the small wound where the catheter was inserted can become red and tender due to an infection. If this happens discuss it with your GP as you may need a course of antibiotics.
- ♥ Occasionally there may be bleeding from the blood vessel where the catheter was inserted.
- ♥ Failure of the procedure - sometimes it is not possible to stretch the narrowed artery.

Rarely, during the procedure some patients may have:

- ♥ An allergic reaction to the dye that is used to show up the coronary arteries on x-ray.
- ♥ A heart attack, stroke or require coronary artery bypass surgery.

What happens after the procedure?

- ♥ After the procedure you will be taken back to the recovery area for monitoring.
- ♥ You will need to rest. The amount of time may vary. You will be offered something to eat and drink.
- ♥ Your blood pressure, pulse and groin or wrist will be checked regularly.



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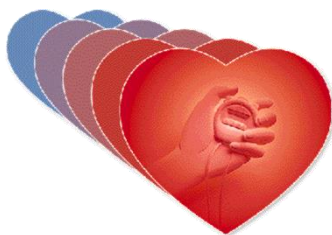
- ♥ You are likely to stay in hospital overnight and will be transferred to the Acute Cardiac Unit.
- ♥ You will be able to go home the next day after the doctor has seen you.

Going home

- ♥ It is normal for your groin or arm to be tender and bruised for a few days after the procedure.
- ♥ You should rest for the first 24 hours at home and then begin to resume normal activities. Please avoid strenuous activity for the first week.
- ♥ You should not drive for one week following your angioplasty. You do not need to inform the DVLA.
- ♥ Your doctor will advise you when you can return to work as this can differ from person to person, depending on what type of work you do.

The cardiac rehabilitation programme

- ♥ The aim of a Cardiac Rehabilitation Programme is to encourage your physical, psychological and emotional recovery and enable you to achieve and maintain better health.
- ♥ This is a programme which exists to help and support you through your recovery. It is provided by the cardiac rehabilitation team, with the aim of enabling patients and their families to return to a good state of health.
- ♥ Your spouse, partner, family member or friend will be very welcome to attend the programme with you.



- ♥ It consists of twice weekly sessions in which informal discussions on health topics such as diet, medication, heart disease and exercise will be given by a member of the team, and a series of exercise classes tailored to individual needs and different relaxation techniques.

- ♥ Usually you will be seen by one of the Cardiac Rehabilitation Team during your hospital stay. If this does not occur one of us will contact you shortly after your discharge from hospital.
- ♥ To contact the Cardiac Rehabilitation Department please telephone 01793 604267.



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Questions to be answered at the Pre-assessment Appointment:

- What time and where do I need to go on the day of my procedure?
- When do I need to stop eating and drinking?
- Do I need to stop or change any of my medication?

Any Other Questions/Notes

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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