



# Know About ANGIOGRAM & ANGIOPLASTY



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DIGITAL VERSION

## KNOW MORE ABOUT ANGIOPLASTY

- Angioplasty is a medical procedure, performed to treat heart related problems. It is a technique where the narrowed arteries are broadened, or obstructed arteries are cleared in the heart. The procedure involves temporarily inserting and blowing up a tiny balloon where the artery is clogged up.

## WHO SHOULD GET AN ANGIOPLASTY?

- If you are experiencing any kind of angina (chest pain) then, it calls for a checkup. The pain could be unexplainable and may be mild or severe. And, if you or any of your family members are diagnosed with Coronary Artery Disease (CAD), the cardiologist might suggest an angioplasty and implantation of a stent.
- Please make arrangements for your transport to and from the hospital prior to the day of your test.
- If you are taking Warfarin tablets, please stop taking them 4 days before your procedure. Please come to the hospital for a blood test to check your INR on the day before your test. A blood form will be given to you when you are in the clinic. Please contact the consultant's secretary for your result; if the INR is greater than 2 we may need to rebook your test.
- If you are a diabetic using Metformin, please DO NOT take it on the day of your procedure. You will be advised when you can start taking it again by the doctor or nurse after the procedure.
- If the procedure is being performed from your right groin, please shave the area the night before.
- You will be welcomed into the hospital

by a nurse who will verify your details and record your blood pressure and pulse.

- A gown will be provided to you for the procedure.
- One of the doctors will see you and explain the procedure to you and ask you to sign a consent form.
- When it is time for your procedure a member of the team will escort you to the Catheter Laboratory.
- You will be in the Catheter Laboratory for approximately 1 to 2 hours.

## WHAT IS THE PROCEDURE OF ANGIOPLASTY?

- Angioplasty is a minimally invasive interventional cardiology procedure that uses imaging technologies to guide a catheter into the affected artery or vein. The vessel is enlarged with a balloon-tipped catheter. The procedure is performed in a Cardiac Cath Lab. Throughout the procedure you are awake and are expected to respond to the doctor on request.
- Angioplasty is done by inserting a sheath/tube to the arm or leg (more often nowadays through the arm). A tiny balloon catheter is passed through the sheath leading to the coronary arteries. Guided by the x-ray imaging, the doctors expand the balloon as they get the complete insight of the blockage. This results in pushing of the plaque against the artery wall, relieving the clogging and improving the blood flow.

## WHAT IS STENT IMPLANTATION?

- During angioplasty, a small mesh tube called a stent is placed in the artery. The

stent is wrapped around the balloon catheter before the procedure and the stent is implanted in it. The stents are sometimes coated with medicines, which are continuously released into the artery. These are drug-eluting stents which help prevent scar tissue from further blocking. When the balloon is inflated to compress the plaque, the stent expands and attaches to the artery wall.

## AFTER YOUR ANGIOPLASTY/STENT

- The catheter entry site will determine the recovery time. You will be taken to the recovery area where, depending on the closure device, you will be able to sit up immediately or may be required to lie flat for 2-3 hours. The closure device will be determined by the physician performing your procedure.
- Following a recovery period of 3 hours you will be transferred to the Intensive Care Unit for overnight observation.
- You will be allowed to go home in one or two days. Please make arrangements for your travel back to your home in the morning.

## AT HOME

- You will be given discharge instructions by your physician. For 48 hours following the procedure we advise you to rest.
- Please avoid straining in the toilet. Do not do anything strenuous, like lifting anything. You may eat normally.
- If you are on Metformin do not take it until 2 days after the procedure, unless otherwise instructed. You may develop some slight bruising around the puncture site; this is acceptable as long as it is not swollen or painful.

- If there is any bleeding from the puncture site you need to apply pressure to the area and telephone for an ambulance immediately, to go to the nearest hospital. This also applies if you develop a large swelling or a lot of pain at the puncture site.
- After 48 hours you can slowly resume your normal activities.
- Do not stop or skip blood thinners without advice from cardiologist.

## WHAT ARE THE RISKS INVOLVED IN THE PROCEDURE?

- The risks of complications post angioplasty are more with aged people. If you are 65 years of age or older, suffering from chronic kidney diseases or in shock then the possibilities of complications are higher. Some of the risks are:
  - Blood clots or bleeding at the site of surgery
  - Allergic reactions to dye
  - Arrhythmia (irregular heartbeat)
  - Damage to the brain
  - Clogging inside the stent
  - Heart attack
  - Kidney failure
  - Seizures
  - Carotid artery blockages

## WHAT LIFESTYLE CHANGES ARE ADVISED AFTER ANGIOPLASTY?

- Quit smoking.
- Lower your cholesterol levels.
- Maintain a healthy weight.
- Control your diabetes and high blood pressure.
- Get regular exercise.
- Increase the intake of fluids.
- Do not stop the medicines prescribed by your cardiologist unless advised by the cardiologist himself.