

Peripheral Angiogram

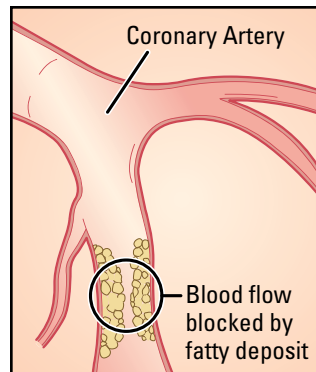
Peripheral Artery Disease

You may have circulation problems that have to do with your blood vessels. You may feel aches, pains, cramps, numbness or muscle fatigue when you exercise.

These feelings may be caused by atherosclerosis, which interferes with blood flow to or from your blood vessels. This is also known as peripheral artery disease (PAD).

In PAD, cholesterol and plaque (a fatty deposit) collect on the insides of the walls your blood vessels. This most often occurs in your legs. If the fatty build-up keeps collecting, your blood flow will be reduced.

When you exercise, your blood flow may not meet your body's need for extra oxygen. Without a constant supply of oxygen, tissue below the blockage can be permanently damaged. You will need treatment to prevent the loss of your foot or part of your leg.



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Fatty deposits keep the blood from flowing through the arteries and blood vessels.

Peripheral Angiogram

A peripheral angiogram is a test done with a catheter (a small, thin tube) which your doctor inserts through an artery in your arm or leg. A special X-ray monitor allows the doctor to watch the contrast flowing through the arteries to tell if there are areas of narrowing.

Food and Liquid Directions Before Surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
 - Eat light meals such as oatmeal or toast.
 - Do not eat foods that are heavy or high in fat such as meat or fried foods.

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Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt, energy drinks or alcohol.

Medicines

- Take your medicines as directed with a small sip of water.
 - Talk with your cardiologist if you have diabetes or if you take warfarin (Jantoven®).

Before the Procedure

- Take your medicines as usual the day of your procedure with a sip of water. If you have diabetes or take warfarin (Jantoven®), ask your cardiologist for instructions.
- If you have an allergy to the X-ray contrast or shellfish, tell the nurse.
- At the hospital, you will sign a consent form and wear a hospital gown.
- Your arm, groin area or both will be cleaned and shaved if needed.
- A nurse will start an intravenous (IV) line for medicine during the test.
- You may receive medicine to relax.

During the Procedure

- Your arm, groin or both will be cleaned again, your blood pressure will be taken, and you will be put on a heart monitor. This monitor lets the technician watch your heart rate and blood pressure during the test.
- Your doctor will inject a local anesthetic (to numb the area) where the catheter will be placed. This may sting.
- You may feel slight pressure as the catheter goes in.

- Once the catheter is in place, an X-ray contrast will be injected and X-ray pictures will be taken. You may feel a warm flush, have a metallic taste in your mouth or both during the exam.

After the Procedure

- After the test, the catheter will be taken out and pressure held directly on the site until bleeding stops.
- The procedure may take 1 hour or longer.
- Nurses will check your pulse, blood pressure and insertion site.
- You will stay flat in bed for as long as ordered by your doctor.
- You will be able to eat and drink as soon as you like. You may want to drink extra fluids to get the contrast out of your body. You will not see any change in the color of your urine.
- The results will be discussed with your doctor.

Care at Home

■ Activity

- On the day of the procedure:
 - Keep a low level of activity such as moving from the couch to the bedroom. Avoid stairs as much as possible.
- On the days after the procedure:
 - Gradually increase your activity such as walking short distances.
 - You may shower and drive.
 - Avoid lifting anything that weighs more than 5 to 10 pounds for 1 week after the procedure.

■ Incision

- Remove the bandage after 1 day.
- Avoid putting ointments or creams on the incision.
- Some bruising may occur around the incision and down your leg.

■ Medicines

- You may take acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) for discomfort.
- Take other medicines as directed by your doctor.

■ Diet

- Drink plenty of water the day of the procedure to flush out the contrast.
- Return to your normal diet.

When To Call Your Nurse

Call your nurse if you:

- see bleeding at the catheter insertion site
- feel tingling or notice numbness below the catheter insertion site
- have pain at the catheter insertion site.