



**HeartCentre**  
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## **CORONARY ANGIOGRAM / CORONARY ANGIOPLASTY and STENTING**

An appointment has been made for you to have this test at the Heart Centre, Alfred Hospital on

Date: ...../...../..... at Time: .....am / pm.

### ***What is a Coronary Angiogram (also called a Cardiac Catheter)?***

An angiogram is a special type of X-Ray to show if there is narrowing of the coronary arteries. These arteries supply the heart with blood. Narrowing in these arteries can cause chest pain (angina) and a blockage can cause a heart attack. The test can also determine if there are problems with either the heart valves, or the pumping action of the heart. The results of the test will help plan the best treatment for you. If the test shows a narrowing, it may be treated on the spot with a coronary angioplasty (balloon) with or without a stent to hold the artery open.

### ***How is it done?***

The test is performed in the Cardiac Catheter Laboratory by a Cardiologist, an assisting doctor, nurses and technicians. The laboratory looks like a small operating theatre. You will be given a mild sedative for relaxation but you will be awake during the test. After injection of local anaesthetic into the skin, a small tube called a catheter is inserted into an artery, usually in the groin. The catheter is guided up through the major artery of the body (called the aorta) until it reaches the coronary arteries which run over the surface of the heart. Once in position a special dye is injected through the catheter and X-ray pictures are taken.

### ***How do I prepare for the test?***

Once your appointment is confirmed, we will arrange for you to attend a Pre-admission Clinic at the Heart Centre where the following tests will be performed:

- Blood test to measure for anaemia (FBE)
- Blood test to measure kidney function (Electrolytes, Creatinine)
- Electrocardiograph tracing (ECG)

### ***Can I eat and drink before my test?***

Do not eat or drink after midnight (morning medication can be taken with a sip of water, unless advised otherwise by your referring doctor).

### ***Do I take my medications on the day of the test?***

- **Bring all your normal medications with you.**
- If you are taking any of these blood thinning tablets (anticoagulants): **Warfarin, Coumadin, Marevan or Dindevan, you must stop these for five days before admission.** Your doctor will discuss with you if you require any other replacement blood thinners during this period. Please continue taking all other medications including Aspirin.
- Coronary Angioplasty patients require Aspirin therapy as per your doctor's instructions.
- **If you are diabetic** do not take your morning Insulin/diabetic tablets, but bring your medication with you.

### ***What do I wear for the test?***

Bring night attire including dressing gown, slippers, toiletries and a good book!

### ***What do I do on the day?***

- Please present yourself to the Admissions Centre, after which you will be directed to the Heart Centre on the 3d Floor.
- Do not drive yourself to or from the hospital. For safety reasons you must not use public transport. Someone must drive you home from hospital.
- Bring full details of Health Cover ie. Private Health Insurance, Pensioner Health Benefit Card, Health Care Card or Repatriation Card.

### ***What happens during the test?***

The groin area will be shaved and you will be given a mild sedative to make you slightly drowsy. In the Cardiac Laboratory you will be assisted onto a firm table and connected to an ECG machine for monitoring throughout the test. Sterile sheets will be draped over you by technical staff, who will be present throughout the test.

As described above, the catheter is guided into position in the coronary arteries and X-ray pictures taken. You may feel slight sensations as the catheter is moved about, but these are generally not uncomfortable.

At certain times during the test you will be asked to take a deep breath and hold it for about 10-20 seconds. This is important as it makes the pictures of the coronary arteries clearer.

During one of the X-rays that looks at the pumping function of the heart you will get a warm flushed feeling or a sensation of wanting to urinate. This lasts about 10-15 seconds then fades.

### **Please Let The Doctors Know If You Experience Any Chest Discomfort During The Test.**

If you have any narrowing in one or more of the arteries requiring urgent treatment, your Cardiologist will discuss this with you at the time. It may be possible to repair the narrowing immediately by stretching the wall of the arteries with a small balloon. This is called a "Coronary Angioplasty" or PTCA. It may also be necessary to insert a small metal coil called a Stent into the artery to help keep it open.

It is common to experience chest pain whilst the balloon is inflated which will last for a few minutes and then subside. Should the pain continue or increase in intensity please tell the doctors and you will be given medication to relieve the pain. The doctors doing the angiogram will explain the procedure at each step.

### ***How long does the test take?***

A routine coronary angiogram takes approximately 30-45 minutes.

### ***What are the risks?***

As with many medical tests there are some risks, although a coronary angiogram is generally considered to be quite a safe test.

**Serious problems during a coronary angiogram are rare** (ie. much less than 1 in a 100) but include heart attack, stroke, death, the need for urgent coronary bypass surgery (CABG) or a rapid heart rhythm disturbance causing you to faint.

**Complications of a coronary angioplasty** are the same as for a coronary angiogram but the chances of having a heart attack or requiring urgent coronary bypass grafts are slightly higher.

- |   |                           |
|---|---------------------------|
| • Risk of Heart Attack                  | one patient in 100        |
| • Risk of needing Urgent Bypass Surgery | two patients in every 100 |
| • Risk of Death                         | 4 patients in 1,000.      |

These risks may vary, depending on individual circumstances as explained by your doctor.

**What happens after my test?**

If you have had a Coronary Angiogram you will be taken into the Recovery Area where the tube from the groin will be removed and a nurse will press on the artery for 10-15 minutes. You will need to lie flat for two hours, keeping your leg straight, to minimise bruising in the groin. Next you will need to sit up for a further two hours, and drink plenty of fluids to flush the kidneys. You should then be able to go home.

Once at home you should rest by lying with your legs slightly elevated for the rest of the day.

You can perform light activities the next day, but should avoid heavy physical lifting or strenuous activity for five days. You should not drive for at least three days.

If you have gone on to have an Angioplasty you will be moved from the Recovery Area to the Coronary Care Unit for overnight monitoring of your heart. In that case, the tube in the groin will not be removed for several hours (not until the blood thinners used during the procedure have worn off). You will usually go home the following day.

**How will I get my results?**

The Angiogram results will be forwarded to your referring and local doctor after the test.

**Signed consent**

**I have read this form and had the opportunity to ask questions. I understand the test being performed on me and I have been made aware of the risks involved. I consent to participate in this Coronary Angiogram / Coronary Angioplasty ± Stent.**

**Patient Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Patient Printed Name** \_\_\_\_\_

**Dr** \_\_\_\_\_  
**(Doctor explaining procedure)**

**Witness Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Witness Printed Name** \_\_\_\_\_