



PREPARING FOR YOUR ANGIOGRAM

Thank you for choosing the University of Virginia Health System for your health care. This information will give you important instructions and should answer most of your questions.

If you have other questions or concerns, please call your referring physician or:

From 8:00am to 4:30 pm, the UVa Neuroradiology Division at (434) 982-3429 or
toll free at 1-800-251-3627

After 4:30 pm, call (434) 924-9400 or
toll free, 1-800-251-3627 and
ask for the Diagnostic Neuroradiologist on call.

WHAT IS AN ANGIOGRAM?

An Angiogram is a special x-ray test of the blood vessels (the tubes that carry blood from your heart to all parts of the body). Contrast dye is injected into a blood vessel and x-rays are taken. These x-rays will show any changes in the shape of the vessel such as a blockage or widening of the vessel.

WHAT MUST I DO TO GET READY FOR THE TEST?

Please tell us if you have any ALLERGIES. If you are allergic to iodine or x-ray contrast (dye), please call us at the numbers above. Pre-medication is required for these allergies and must begin 13 hours before your appointment

Please bring a list of all of your allergies (food/drug/latex).

If you take insulin or other medications for diabetes, please call your physician prior to your study for instructions on what to do.

Please let us know if you take aspirin frequently or if you take blood thinning medicine (Coumadin, Plavix, Aspirin, etc.). You will be given instructions by your referring doctor when to stop taking them.

You should not eat any solid food or drink any fluids after midnight the night before your test.

Take prescribed medicines with a few sips of water before coming to the hospital.

Bring all your medications with you.

Leave all valuables such as jewelry, wallets, credit cards, checkbooks, etc. at home or with someone you trust. Do not wear any jewelry, make-up or nail polish. Your belongings will be given to the person with you.

If you are discharged the same day, you will need to arrange for a family member or friend to drive you home and be at home with you after your angiogram. **You can not drive yourself home.** Come prepared to stay overnight in the hospital.

You will be told a time to be here by your doctor or the clinic staff. Please be on time or call us if you are unable to keep the appointment.

WHERE DO I GO FOR THE TEST?

Parking is available in the hospital parking lots, with handicapped access in Parking Garage East. Bring your parking ticket so it can be stamped at the Front Lobby or in Radiology. Come to the Hospital East Radiology Department Reception Desk to register. Please give the receptionist your name.

WHAT SHOULD I EXPECT FROM THE TEST?

The Neuroradiologist will explain to you how the procedure is performed and possible adverse effects. Any questions you have will be answered at that time. You will then be asked to sign a consent form indicating that you understand this information and want to proceed with the test.

Before the procedure you will be asked to remove all of your clothes and put on a hospital gown. You will also be asked to empty your bladder. Prior to angiography, a small catheter (IV) will be inserted into a vein in your arm to be used for giving you fluids and medications. Special monitoring devices will be placed on your chest and arms in order to check your heart rate and blood pressure throughout the procedure.

The staff will help you move onto a table for the angiography. The groin area above the blood vessel will be shaved and washed. The doctor will numb the area with an injection called lidocaine. This shot may sting like a bee sting for a few seconds. A small tube will be inserted into the blood vessel and contrast dye will be injected through this tube. You may feel a warm feeling for a few seconds after the contrast dye is injected. Tell the doctor if you feel uncomfortable.

Angiography will take about 1 to 2 hours. You will be awake for the test and will be given medication to help you relax and keep you comfortable.

WHAT HAPPENS AFTER THE TEST?

When the procedure is finished, you will be taken to an observation room on a stretcher. The neuroradiologist will remove the catheter and apply pressure on the insertion site for 15-20 minutes. A clear dressing will be applied.

You must remain flat for 6 hours and not bend your leg on the side of the insertion site. If needed, you will be given a bed pan or urinal. After 6 hours, you may get up to go to the bathroom, and your head may be raised.

The nurses will be checking your vital signs and insertion site frequently. If you notice wetness or discomfort at the insertion site call for the nurse.

You will be given specific instructions about how to take care of yourself. You will be able to return to your regular diet. You should take it easy. You may either be taken to a hospital unit or discharged to home. If you are discharged you must have someone with you.

If you see bleeding from the insertion site, apply firm pressure on the area immediately for 15 minutes. The bleeding should stop with pressure. If it continues or if the area becomes swollen, hard or painful, go to the nearest Emergency Room. Minor discomfort and discoloration at the insertion site frequently occurs after angiography. If the pain becomes severe or you have other problems, you will be given a phone number to contact us.