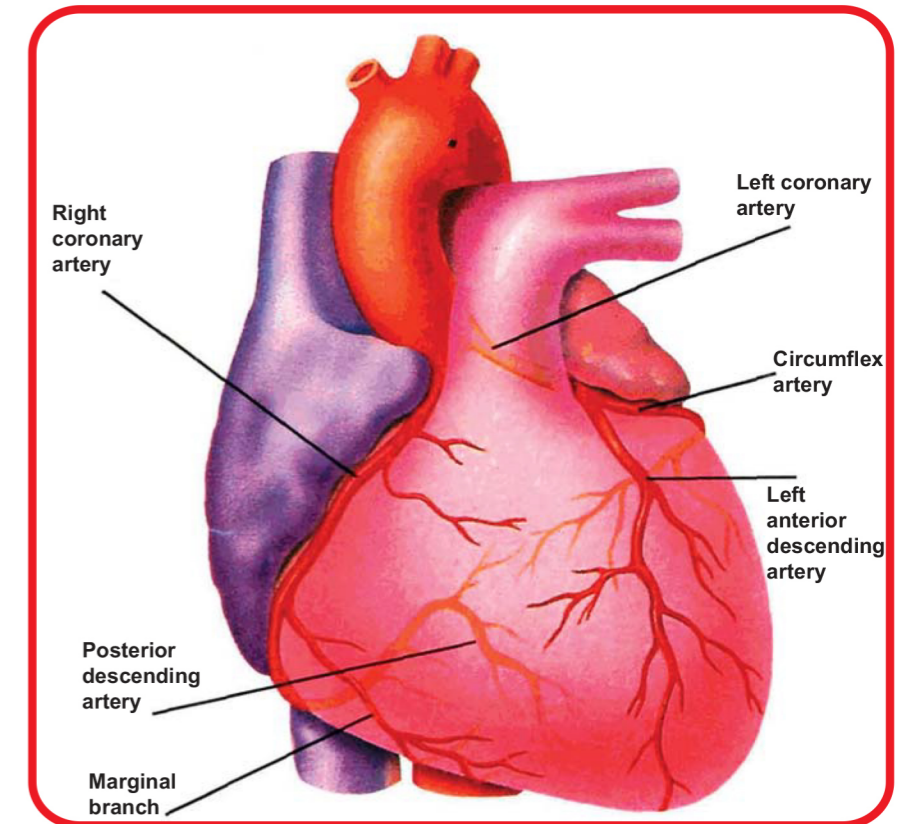


CORONARY ANGIOGRAPHY

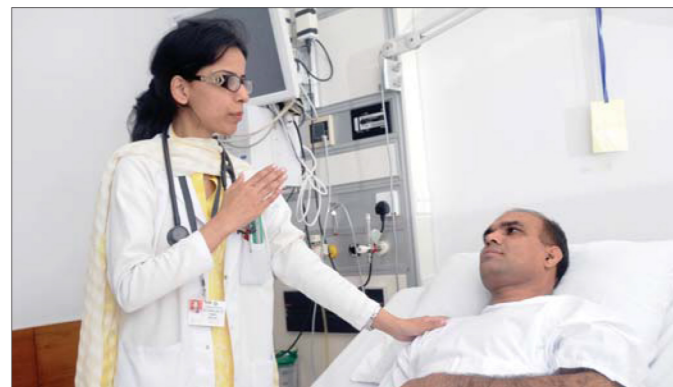


Can I Move after the Procedure?

If the procedure is done from the groin, then you must remain flat on your back for four hours keeping the affected leg straight after pressure or the clamp is removed. If you feel any type of discomfort or a warm wet sensation at the punctured spot, call the nurse immediately. After four hours, you may turn from side to side with the help of the nurse, keeping the affected leg straight. During this time, you may read, rest or sleep. The head of the bed may be raised slightly if you wish. You must stay in bed for six to eight hours after the procedure. A bed-pan or urinal will be provided if needed. The nurse will regularly check your blood pressure and heart rate. Your punctured spot and pulses in your feet will be checked frequently. After the procedure, on returning to your room, you may have tea, juice or water. Your first meal after the procedure will be a light meal, (snacks) as it will be difficult to digest food while lying on your back. After six to eight hours, you will be allowed to eat a regular meal. If the procedure was done from your wrist then you will be allowed to move around but avoiding any pressure on your affected wrist.

When Will I Find the Results of the Test?

Usually the results of the catheter test will be given to you before you go home. Plans for a follow-up visit at the clinic will be discussed with you if required. A copy of the results can be obtained from the Medical Records Department or the Cardiac Angiography Laboratory at AKUH.



When Can I Go Home?

Six to eight hours after the test, you will be allowed to get up. It is important that you walk. Sometimes bleeding occurs and usually starts shortly after walking. You may be discharged from the Hospital that evening or early the following morning.



How Should I Care for the Punctured Spot?

You may notice a bruise or small lump at the punctured spot. This is normal and may take three to six weeks to completely disappear. No special care is required for the punctured spot. Be sure to arrange a ride home from the Hospital. You should not drive yourself. Do not do any strenuous activity that day or the next. If you should have any extra swelling, bruising or bleeding at the punctured spot, please come to the Emergency Section at the Aga Khan University Hospital.

For further information, please contact:

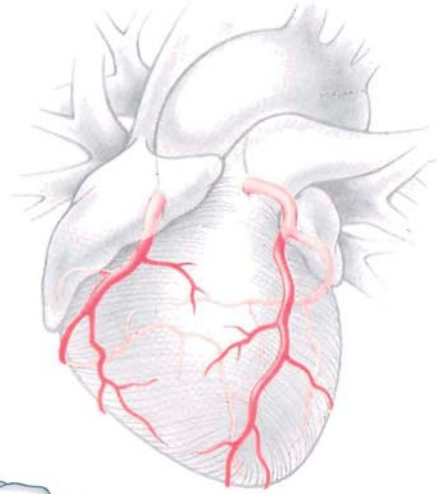
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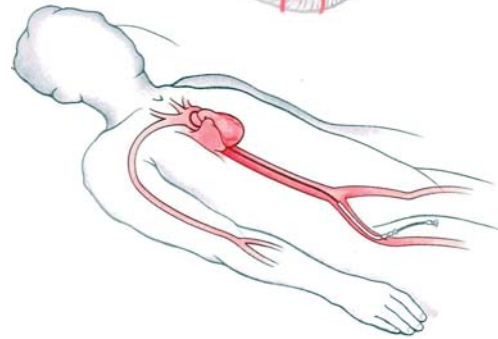
What is Heart Catheterization and Coronary Angiography?

Heart Catheterization and Coronary Angiography is a special test done to assess the function of the heart muscles, the valves within the heart and the small coronary arteries feeding the heart. During this test, a thin tube called a catheter is inserted into an artery and sometimes a vein, in the groin or arm, and then advanced to the heart. These tests give important information to your cardiologist, so that he/she is able to diagnose and treat your heart disease.



What Preparation will I Have to Do?

You will be booked for your test through the consulting clinic, inpatient unit. You will be explained about the procedure and the time your procedure is booked for. If you are unable to come for your heart catheterization for any reason on the day of your admission please call the Cardiac Catheterization Laboratory or Consulting Clinic. Before your heart catheterization you may need some blood tests which can be done prior to your admission or after admission on the day of procedure.



Special Instructions:

- Pack a bag for possible overnight stay.
- Medication tablets should be taken in the morning as usual with a sip of water.
- Bring all your medications with you to the Hospital.
- Do not bring any valuables or jewellery.
- Arrange a ride home from the Hospital. You should not drive yourself home.

What Can I Expect?

You will be likely admitted the same day as your procedure, provided your tests have been completed ahead of time. Once you have registered at the Admissions Office or Cardiac Day Care Unit, you will proceed to your room, where the nurses will complete a short history and checklist to ensure that you are ready for your test.

The procedure will be fully explained to you, (if it was not explained earlier), so if you have any questions, please ask at that time. You will be taken in a wheel-chair to the Cardiac Catheterization Laboratory.



In the Catheterization Laboratory, you will be asked to lie on an X-ray table and there will be lots of equipment around you. Your groin will be washed and shaved by the nurse, if this has not already been done in the ward. Towels and sheets will be placed carefully covering your chest and legs. It is very important that you should neither move nor touch the towels once they are laid out. If you have to move, please ask the nurse and she will assist you. The doctor and nurse will be wearing masks and gowns as this is a sterile (as clean as possible) procedure. ECG skin patch electrodes will be attached to your shoulders and thighs so that your heart rate and rhythm can be checked during the procedure.

Is it a Painful Procedure?

You will feel little or no discomfort during the procedure. The doctor will explain what he is doing as he goes on. The groin area or the wrist will be numbed with a local anaesthetic. The doctor will make a small nick in the skin or wrist, then place a catheter into the artery and advance it to the heart using an X-ray television. When the catheter is in place, dye is injected through the catheter. This will outline the arteries in the heart and will show any blockage or narrowing. Video and movie films are taken of the X-ray picture to record the procedure. Dye may also be injected using a special pump. During this injection, you may feel a hot flush across your chest, down your arms and legs. This feeling is normal and only lasts for 15 to 20 seconds. The total procedure lasts between 30 to 50 minutes. Once the procedure is complete, you will return to your room or Day Care Unit. If the procedure was done from the groin, then after removal of catheter, pressure will be applied for about 20 minutes to ensure the bleeding had stopped you will be asked to be flat for 4-6 hours. If the procedure was performed through the wrist then catheter is removed immediately after the procedure and a special clamp is applied.

