

Angiogram

An angiogram shows the blood vessels in the body. A tube called a catheter is put into a vein at the top of your leg in your groin or in your arm. Dye is put through the catheter. X-rays are taken to check the blood flow in your body.

An adult family member or friend will need to take you home after the test. It is not safe for you to drive or leave alone. Your family is to wait during the test.

Arrive on time for your test. The test takes about 1-2 hours. Plan to be here about 4 hours to be checked after the test.

To Prepare

- Do not eat food after midnight before the test.
- Ask your doctor if you should take your medicines the day before and the morning of the test. If so, take with sips of water only.
- Tell your doctor if you have allergies to dye or iodine.

During the Test

- You will wear a hospital gown.
- An IV (intravenous) is put into a vein in your arm.
- You lie on a table.

Angiogram

Angiogram waxay muujisaa marinnada dhiigga ee jidhka ku jira. Dhuun loo yaqaanno katiitar ayaa la geliyaa xidid ku yaalla meesha ugu sarraysa lugtaada ee bisqinleyda ama gacantaada. Dheeh ayaa lagu shubayaa katiitarka. Raajooyin ayaa la iska qaadayaa si loo hubiyo socodka dhiigga ee jidhkaaga.

Xubin qoyska ka tirsan oo qaan-gaar ah ama saaxiib ayaa laga doonayaa iney guriga kuu kexeeyaan baaritaanka ka dib. Ammaan kuuma ahan inaad baabuur waddo ama aad keligaa tagto. Qoyskaagu waa iney ku sugaan waqtiga baaritaanku socdo.

Baaritaanka waqtiga ku imow. Baaritaanku wuxuu qaadanayaa 1-2 saacadood. Qorsheyso in aad halkaan joogeysid ilaa 4 saacadood si lagu hubiyo baaritaanka ka dib.

Si aad isugu Diyaarisid

- Cunto ha cunin wixii ka danbeeya saqda dhexe habeenkii baaritaanka ka hor.
- Dhakhtarkaaga weydii haddii ay tahay inaad qaadatid daawooyinkaaga maalinta ka horreysa iyo subaxda baaritaanka. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.
- Dhakhtarkaaga u sheeg haddii aad xajiin ka qaadaysid dheeha ama aayodhiinta.

Waqtiga Baaritaanka

- Waxaad xidhan doontaa goonnada isbitaalka.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta.
- Miis ayaad ku seexanaysaa.

Angiogram. Somali.

- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The catheter site, either your groin or your arm, is cleaned. Your groin will be shaved if used.
- The doctor numbs your catheter site. This may sting for a few seconds. After this, you should only feel pressure and no pain.
- The lights may be turned down so the doctor can see the screen.
- The catheter is put in and dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath at times.
- When the test is done, the catheter is removed. Pressure is put on the site for 10-20 minutes so it does not bleed. A stitch or plug may be used to close the catheter site. A clamp is put on for about 1 hour to stop bleeding. A band-aid or dressing is put on the site.
- **Tell the staff if you have any pain during the test.**

After the Test

- You will be taken to another bed. You will rest for about 4 hours.
- Staff will check you often.
- Keep your leg straight to prevent bleeding.

- Milxeefyo yar-yar ayaa feedhaha lagaaga dhejin doonaa si loo hubiyo garaaca wadnaahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga xiiro.
- Duubka dhiig cabbirka ayaa gacanta lagaaga xirayaa. Waxaa badanaa la hubinayaa xadka dhiiggaaga iyo garaaca adnaahaaga.
- Meesha katiitarka, bisqinleydaada ama gacanta, ayaa la nadiifinayaa. Bisqinleydaada waa la xiirayaa haddii la isticmaalayo.
- Dhakhtarku wuxuu kabuubinayaa meesha katiitarka lagaa geliyey. Tan waxaa laga yaabaa in ay ku xanuujiso dhowr ilbidhiqsi. Tan ka dib, waa inaad dareentaa oo keliya cadaadis ee maahan inuu xanuun ku hayo.
- Nalalka ayaa laga yaabaa in la demiyo si markaas dhakhtarku uu u arko shaashadda.
- Katiitarka ayaa gudaha la gelinayaa ka dibna dheeh ayaa lagu shubayaa. Waxaa laga yaabaa inaad kuleyl dareento ama casaato dhowr ilbidhiqsi.
- Raajo ayaa lagaa qaadayaa inta dheehu uu ku dhaq-dhaqaaqayo marinnada dhiiggaaga. Waxaa laga yaabaa in mararka qaarkood lagu weydiiyo inaad neefta ceshato.
- Marka baaritaanka la sameeyo, katiitarka ayaa lagaa bixinayaa. Cadaadis ayaa la dul dhigayaa meesha ilaa 10-20 daqiiqadood si markaas aysan u dhiig bixin. Tolid ama xirid ayaa laga yaabaa in la isticmaalo si loo xiro meesha katiitarka la geliyey. Birqabad ayaa lagu qabanayaa ilaa 1 saac si loo joojiyo dhiig baxa. Sharooto ama faashad ayaa meesha lagu xirayaa.
- **Shaqaalaha u sheeg haddii aad wax xanuun isku aragtid waqtiga baaritaanka.**

Baaritaanka ka Dib

- Waxaa lagu geyn doonaa sariir kale. Waxaad ku nasan doontaa ilaa 4 saacadood.
- Shaqaalaha ayaa badanaa ku soo hubin doona.
- Lugtaada toosi si aad uga hor-tagto dhiig bax.

Angiogram. Somali.

- Tell your nurse **right away** if the site swells or bleeds, or if you feel pain, numbness, or tingling in your leg or arm.
- You can eat and drink.
- It is not safe for you to drive or leave alone. An adult family member or friend will need to take you home.
- Test results are sent to your doctor. Your doctor will share the results with you.

Your Care At Home

Today

- Rest at home.
- Limit stair climbing.
- Drink 8 cups or 2 liters of liquids (non-alcoholic) to flush the dye out of your kidneys.
- Eat your normal diet.
- Remove pressure bandage at bedtime and put on a clean band-aid.
- Keep the site dry. Do not shower or bathe.
- Look at the site for bruising or a lump.

Other Care

- Do not take a tub bath for 1 week after the test. You can take a shower. Do not scrub the site.
- Do not take the medicine Glucophage (metformin) for 2 days after the test.
- Do not drive for 2-3 days.

- **Isla markiiba** u sheeg kalkaalisadaada haddii meeshu ay bararto ama dhiig baxayso, ama aad dareemeysid xanuun, kabuubyo, ama xat-xato lugaha ama gacmaha ah.
- Wax waad cuni kartaa waadna cabbi kartaa.
- Ammaan kuuma ahan inaad baabuur waddo ama aad keligaa tagto. Xubin qoyska ka tirsan oo qaan-gaar ah ama saaxiib ayaa laga doonayaa iney guriga kuu kexeeyaan.
- Natiijooyinka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijooyinka kula socodsiin doonaa.

Daryeelkaaga Guriga

Maanta

- Guriga ku naso.
- Xaddid jaranjaro fuuliddaada.
- Cab 2 litir ama 8 koob oo dareere ah (aan aalkolo ahayn) si aad dheehii lagugu shubay uga soo dhaqdid kelyahaaga.
- Cun cunto caadi ah.
- Iska saar faashadda kugu cadaadisan waqtiga aad seexanayso sharooto nadiif ahna ku beddelo.
- Meesha lagaa muday ha engegnaato. Biyo ha isku shubin ama ha qubeysan.
- Eeg meesha lagaa muday iney nabar leedahay ama barartay.

Daryeel Kale

- Tuubbo ha ku qubeysan ilaa 1 toddobaad baaritaanka ka dib. Doojka ama qasabadda sida roobka waad ku qubeysan kartaa. Meesha ha xoqin.
- Ha qaadanin daawada Glucophage (metformin) ilaa 2 maalmood baaritaanka ka dib.
- Baabuur ha wadin ilaa 2-3 maalmood.

Angiogram. Somali.

- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.
- Look at the site for bruising or a lump.

Call your doctor **right away** if you have:

- Bleeding at the site that will not stop
- Swelling, redness, more bruising or tenderness at the site.
- Drainage or warmth at the site
- Coldness or paleness of the leg or arm
- Problems moving your toes or fingers
- Sharp pain or stinging at the site
- Fever or chills
- Numbness or weakness
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

Talk to your doctor or nurse if you have any questions or concerns.

- Jir-dhis ha sameynin, ha ordin, ama waxyaabo ka culus 4.5 kiilo ama 10 rodol ha qaadin ilaa 3 maalmood baaritaanka ka dib.
- Fiiri meeshu in ay nabar ama barar yeelatay.

Isla markiiba dhakhtarkaaga wac haddii aad qabtid:

- Dhiig bax meesha ka imaanaya oo aan joogsaneynin
- Barar, guduudasho, nabar ama jileecid meesha ah.
- Dheecaan ka imaanaya ama diirranaan meesha ah
- Qaboobid ama midab-beelidda lugta ama gacanta
- Dhaq-dhaqaajinta suulashaada ama farahaaga oo ku dhiba
- Xanuun qoto dheer ama xanuun lur leh oo meesha ah
- Qandho ama qar-qaryo
- Kabuubyo ama daciiftinnimo
- Jahawareer ama aadan dhiifooneyn

Haddii aad dhiig baxaysid oo aan joogsaneynin ama barar oo sii weynaanaaya ee meesha, **aad dhacadiid u kala taallid, cadaadis saar meesha ka dibna wac 911.**

U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

Angiogram. Somali.

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