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. It is then guided into the area to be tested. Dye is put through the catheter. X-rays are taken as the dye pumps through the blood vessels. This test checks the blood flow in your body.

An angiogram is also called a peripheral angioplasty or balloon angioplasty. An angioplasty may be done with an angiogram if you have narrowed blood vessels. With this procedure, a balloon on the end of the catheter will be used to open up the blood vessel to improve blood flow. A small tube-like device called a stent may be placed in the blood vessel to keep the blood vessel open.

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 to 2 hours. Plan to be here about 4 hours to be checked after the test.

**To Prepare**

- Talk to your doctor about your medicines before this test. Ask about other tests you may need.
- Do not eat food after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Tell your doctor if you have allergies to dye or iodine, shellfish or latex.
\begin{itemize}
    \item Tell your doctor if you are pregnant or think you may be pregnant.
\end{itemize}

**During the Test**

\begin{itemize}
    \item You may wear hearing aids, dentures and glasses. Jewelry and watches will need to be taken off. Leave valuables at home.
    \item You will wear a hospital gown.
    \item An IV (intravenous) is put into a vein in your arm. Medicines to help you relax and fluids are given through your IV.
    \item The lights in the room may be turned down and the room may seem cool. You will be awake, so you can tell the staff how you feel.
    \item Small pads are put on your chest to check your heart. For men, chest hair may need to be clipped.
    \item A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
    \item The catheter site, either your groin or your arm, is cleaned. The hair in the groin area will be clipped if needed.
    \item The doctor numbs your catheter site. This may sting for a few seconds. After this, you should only feel pressure and no pain. **Tell the staff if you have any pain during the test.**
    \item The catheter is put into a large blood vessel and then moved into the area to be tested.
    \item Dye is injected. You may feel hot or flushed for a few seconds.
    \item X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath at times.
\end{itemize}
• If you have narrowed blood vessels, the balloon area of the catheter is moved to the narrowed area of the blood vessel. The balloon is inflated to push open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
• A stent may be placed to keep the blood vessel open.
• Dye may be given again to see how much of the blood vessel has been opened.
• When the test is done, the catheter is removed.
• Pressure is put on the site for 10 to 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.

**After the Test**
• You will be taken to another bed. You will rest for about 4 hours.
• Keep the leg or arm straight where the catheter was placed to prevent bleeding.
• Your site, pulse and blood pressure will be checked often.
• 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.

**रक्त वाहिका को खुला रखने के लिए स्टेंट लगाया जा सकता है।**
• रक्त वाहिका कितनी खुली है यह देखने के लिए फिर से डाइ दी जा सकती है।
• जब जॉय दूरी हो जाती है तो ट्यूब ठहर ली जाती है।
• ट्यूब के स्थान पर 10 से 20 मिनट तक दबाव दिया जाता है ताकि रुंधर न बचे। ट्यूब के स्थान को बंद करने के लिए ट्यूब अध्ययन डॉट्स लगानी जा सकती है। रुंधर को बाहर से रोकने के लिए करीब एक घटें तक करेंगे (बंद) लगाना जाता है। ट्यूब के स्थान पर पट्टी लगाई अथवा उसकी घुंघिंग (फ्राइड) की जाती है।

**जॉय के बाद**
• आपको दूसरे बिस्तर पर ले जाया जाएगा। आप करीब चार घंटे तक आराम करें।
• जिस पैर या हाथ में कैथेटर लगाया गया था उसे सीधा रखें ताकि रुंधर न बचे।
• ट्यूब लगाने के स्थान, आपकी नाकी और रक्त चाप की कई बार जॉय की जाएगी।
• घर में तूब के स्थान पर सूजन हो अथवा रुंधर बह रहा है अथवा हाथ या पैर में दर्द, सुनन्दा अथवा टिनटिनाइट महसूस हो तो दूरकर नर्स को कहाएं।
• आप खाना और पेय पदार्थ से सकते हैं।
• याहाँ चलाना अथवा अकेले जाना आपके लिए सुरक्षित नहीं होगा। आपको घर जाने के लिए किसी मित्र अथवा परिवार के व्यस्त एडवर्ड की आवश्यकता पड़ेगी।
• जॉय के परिणाम आपके ऑक्स्ट्र के पास में दिखेंगे जानेंगे, जो आपको इसके बारे में बताएगा।
Your Care at Home

Today

• Rest at home for 24 hours.
• 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 the 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 to 3 days.
• Do not exercise, run or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.
• Check 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

यदि आप निम्नलिखित बातें में से कोई भी लक्षण महसूस करें तो तुरंत डॉक्टर को बुलाएं:

• ट्यूब के स्थान से रूचिव बहना ज्यादा नहीं रहा हो
• इस स्थान पर सूजन, लालिंग, अधिक ब्रूजिंग अथवा कोमलता आ गयी हो
• इस स्थान से कुछ भी बिना रहा हो अथवा ऊष्णता (ताप) का अनुभव हो
• हाथ या पैर में ठंडापन अथवा पीलापन महसूस हो
• हाथ या पैर की अंगुलियाँ हिलाने—बुलाने में कोई परेशानी हो
• इस स्थान पर तेज दर्द अथवा टीस का अनुभव हो
• बुखार अथवा ठंड लगे
• सुनन्ता अथवा कमजोरी महसूस हो
• घबराहट अथवा बेचैनी महसूस हो
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.

यदि रूख बहना रहा तो अगर तुम्हारे हृदय में वांछित और क्षति हो तो करें लाइव और दबाव रखें अर्थात् 911 पर संपर्क करें।

यदि आपके मन में कोई प्रश्न उठता है तो अपने डॉक्टर से बात करें।