

# 血管摄影检查

## 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. 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.

血管造影检查可显示人体内血管的情况。做此检查时，将一根称为导管的管状物经由大腿根部的腹股沟处或手臂的静脉血管，导送至将要测试的部位。将显影剂放入导管。然后，使用显影剂泵，将显影剂经由导管打入血管，同时拍摄 X 光摄影片。血管造影可检测体内的血液流动情况。

血管造影术也称为外周血管成形术或球囊血管成形术。若血管变窄，则可在进行血管造影检查时附带进行血管成形术。进行血管成形术时，将用导管端部的一个球囊来撑开血管，以改善血液流动。可在血管内放置一个称为支架的小型管状装置，永久性撑开血管。

检查后须由成年的家人或朋友带您回家。开车或独自回家是不安全的。检查期间，应有家人在一旁等候。

**准时前来检查。**检查大约需要 1 至 2 小时的时间。因术后须留置接受观察，因此须预留大约 4 小时的时间。

### 检查前的准备

- 检查前向医生说明自己所服用的药物，并询问可能需要的其它检查。
- 检查前一天的午夜后不要进食。
- 向医生咨询检查当天上午是否应服药。如须服用，仅可用极少量水送服。
- 若对显影剂或碘、贝壳类海鲜或乳胶过敏，须向医生说明。

- Tell your doctor if you are pregnant or think you may be pregnant.

## During the Test

- You may wear hearing aids, dentures and glasses. Jewelry and watches will need to be taken off. Leave valuables at home.
- You will wear a hospital gown.
- An IV (intravenous) is put into a vein in your arm. Medicines to help you relax and fluids are given through your IV.
- 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.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be clipped.
- 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. The hair in the groin area will be clipped if needed.
- 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.**
- The catheter is put into a large blood vessel and then moved into the area to be tested.
- 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.

- 若已怀孕或认为自己可能已怀孕，须向医生说明。

## 检查过程中

- 可以戴助听器、假牙和眼镜。不能戴珠宝首饰和手表。贵重物品要留在家中。
- 穿医院发给的罩衣。
- 在手臂静脉上安放 IV（静脉输液管），并经由输液管向静脉送入帮助放松的药物和其它液体。
- 可能会减少检查室内的照明亮度，而且检查室可能会有凉意。此时，您是醒着的，因此可以将自己的感觉告诉医护人员。
- 在胸部放很小的电极片，用于监测心率。男性可能须剃去胸毛。
- 戴上血压计臂带。在检查过程中，会经常检测您的血压和心率。
- 清洁导管置入部位（腹股沟或手臂上）。必要时，须剃去腹股沟部位的体毛。
- 医生对导管置入部位进行麻醉。可能会有持续几秒钟的刺痛感。麻醉后，麻醉部位应该仅能有压力感，但没有痛感。**检查过程中如有任何痛感，请告诉医护人员。**
- 导管置入大血管，然后运移至测试部位。
- 注射显影剂。可能会有持续几秒钟的灼热或潮热感。
- 显影剂在流经血管内时，拍摄X光照片。可能会不时要求您屏住呼吸。

- 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.
- 如果有血管变窄的情况，则将导管端部的球囊置入血管的变窄部位，然后对球囊充气，撑开变窄的部位。可能会有一些胸闷的感觉，但是此感觉应该会很快消失。**将自己的感受告诉医护人员。**
- 可能会放置支架，以永久性撑开血管。
- 为了确定血管的撑开度，可能会再次注射显影剂。
- 检查结束后，拿掉导管。
- 压住导管置入处 10 至 20 分钟，进行压迫止血。可能用缝合或使用止血塞来封闭导管置入部位。为了止血，使用止血钳约1小时。然后，包扎导管置入部位。

## 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.

## 检查后

- 将换一张床，让您休息约4小时。
- 导管置入所在的腿或手臂保持伸直，以防出血。
- 会有人定期检查导管置入部位、脉搏和血压。
- 如果导管置入部位肿起或流血，或腿或手臂感到疼痛、麻木或刺痛，要**立即**告诉护士。
- 检查后可以进食和饮水。
- 检查后开车或独自回家是不安全的。须由成年的家人或朋友带您回家。
- 检查结果会送交主治医生。主治医生会转告您。

## 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

## 居家护理

### 检查后当天

- 在家休息 24 小时。
- 尽量不要爬楼梯。
- 饮 8 杯或 2 公升液体（不含酒精），让显影剂排出肾脏。
- 正常进食。
- 上床休息时，拆去压力绷带，换上干净的胶带式绷带。
- 保持导管置入部位干燥。切勿淋浴或盆浴。
- 查看导管置入部位是否有瘀伤或肿块。

### 其它注意事项

- 检查后一周内切勿盆浴。可以淋浴。不要搓洗导管置入部位。
- 检查后 2 天内切勿服用 Glucophage（甲福明）。
- 检查后 2 至 3 天内切勿开车。
- 检查后 3 天内，切勿锻炼身体、跑步或提举超过 10 磅（4.5 公斤）的重物。
- 留意导管置入部位是否有瘀伤或肿块。

## 如发生下列情况，立即打电话给医生：

- 导管置入部位流血不止
- 导管置入部位肿胀、红肿、瘀伤增加或触痛
- 导管置入部位有液体渗出或发热
- 腿或手臂冰冷或颜色苍白
- 脚趾或手指活动困难

- 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.**

- 导管置入部位剧痛或刺痛
- 发烧或畏寒
- 麻木或体弱
- 意识模糊或迟钝

如导管置入部位流血不止或肿块越来越大, **请平躺、用力压住导管置入部位并致电 911。**

如有任何疑问或疑虑, 请向医生或护士提出。