

# Angioplasty

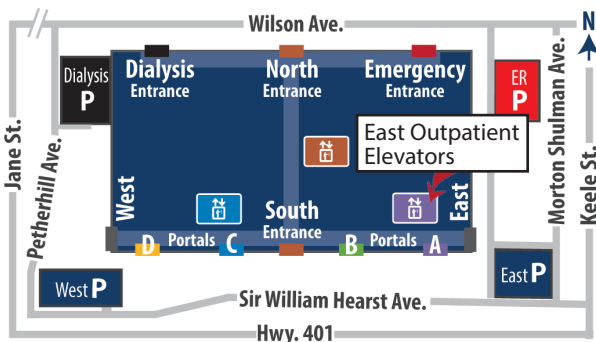
## Appointment Information



You have an appointment for an **angioplasty**. Please read this handout on how to prepare for your procedure.

**Location:** Medical Imaging  
Humber River Health, 1235 Wilson Ave.,  
Toronto, ON M3M 0B2

Take the East Outpatient Elevators to level 2. Follow the Medical Imaging Registration signs.



**By car (or Wheel-Trans):** Use the East or Portal A Entrances.

**By TTC:** Use the North Entrance.

### Bring to the hospital:



- ☐ Your health card (OHIP) and photo ID.
- ☐ All the medicines you are currently taking, including over-the-counter medicines, herbals and supplements, in their original containers.

**Do not** bring jewelry or other valuables.

## What is an angioplasty?

An **angioplasty** is a procedure that uses a tube with a tiny balloon ("balloon catheter") and x-ray imaging to improve the flow of blood through blocked or narrowed arteries (blood vessels). If your angioplasty is successful, you may not have to undergo more invasive surgery.

## How do I prepare for the procedure?

### TELL YOUR DOCTOR IF YOU:

- ☐ Are currently taking any medicine. If you are on aspirin, anti-inflammatories (NSAIDs), or blood thinners, your doctor may instruct you to stop taking these before your procedure.
- ☐ Are pregnant, think you may be pregnant, or are breastfeeding. If you are pregnant, we may cancel your angioplasty to reduce the risk of radiation to your fetus. It is not yet clear if the dye has any effect on breast milk.
- ☐ Have any medical conditions or were recently ill.
- ☐ Have any allergies, especially to any medicine or dye containing iodine. If you have allergies, wear your MedicAlert® bracelet on your procedure day.

### THE NIGHT BEFORE YOUR ANGIOPLASTY:

- Your doctor may instruct you **not to eat or drink anything after midnight the night before (or for several hours before) your procedure**. If you need sedation during the procedure, your stomach must be empty.

Continued on back of page. Please turn over.



## THE MORNING OF YOUR ANGIOPLASTY:

- You may take your usual medicines, as your doctor has instructed, with a small sip of water.  
**Do not take the medicines your doctor told you to hold/stop.**
- Do not wear any jewelry, dental appliances, eyeglasses, hair clips or metal objects that may interfere with the x-ray images.

## What can I expect during the procedure?

You will be awake for the procedure. We may ask you to change into a hospital gown.

### DURING THE ANGIOPLASTY:

- We will put an IV line into a vein in your arm or hand to give you fluid and medicine. We may give you sedation through the IV to make you feel calm or sleepy.
- We will numb a small area of your arm or leg with local anesthetic so you do not feel pain. You will only feel some pressure during the procedure.
- We will make a very small incision (cut) into your skin and insert a needle into your blood vessel. We will then thread the balloon catheter through this.
- X-ray and contrast dye will help us guide the balloon catheter through the blood vessel until it just passes the blocked or narrowed area.
- At the blockage, we add air to the balloon to push the walls of the vessel open. This widens the narrowed vessel, allowing more blood to flow through it.

### AT THE END OF THE ANGIOPLASTY:

- We will remove the balloon catheter, apply pressure to the area for a few minutes to stop any bleeding, and then cover the site with a bandage.

- We will monitor your heart after the procedure and manage any pain you may feel.
- You should be able to go home once you are stable.

**You must have someone drive you home and stay with you for the next 24 hours.**



## How do I care for myself at home?

**ACTIVITY:** Rest for the remainder of the day.

Do not do strenuous exercises or lift objects heavier than 5 pounds (2.3 kilograms), such as laundry baskets or furniture, for several days while your incision is healing.

**DIET:** Resume your regular diet. Drink plenty of fluids to help flush the dye out of your body.

**MEDICINES:** If your doctor asked you to hold/stop any medicines before your procedure, **do not** restart them until your doctor tells you it is safe to do so.

**Go to the nearest Emergency Department right away if you have:**

- A fever of 38.5°C (101.3°F) or higher
- Signs of an allergic reaction to the contrast dye, such as rash, nausea or vomiting, or trouble breathing
- Signs of infection at the incision site, such as increased pain, redness, swelling, warmth, bleeding, or bad smelling discharge
- Coldness, tingling, numbness, bruising near the incision site
- Faintness or weakness
- Chest pain or shortness of breath.

