

Your doctor has asked us to perform an angiogram for you. An angiogram is a procedure that provides information about the arteries and veins in your brain and/or spine. This procedure can help diagnose tumors, aneurysms, and abnormalities of the blood vessels. It is hoped that with this information, your doctors can determine what treatment you need and how it should be performed.

This is a minimally invasive procedure where a catheter (small plastic tube) is placed into an artery (usually in the leg) and guided through the blood vessels of the body to reach the brain. A special dye, called a contrast agent, is injected into the artery and is shown on X-ray pictures. The procedure is done in the angiography suite with a special team of physicians, nurses and technologists.

PREPARING FOR THE PROCEDURE

- Before your procedure is performed, you need to have pre-admission testing. Our office will assist you in getting this arranged.
- If you have any allergies to IV contrast please let our office know in advance.
- You will have your medical history and a physical examination taken on the morning of the procedure. It is important that you tell us the names of all your medications and any allergies you may have. It is also important to tell us if you have any medical problems such as diabetes, hypertension, history of heart attacks, etc.
- If you are a woman of childbearing age, it is very important that we do a pregnancy test to be sure you are not pregnant. *If there is any possibility that you might be pregnant, please alert the staff.*

BEFORE YOU ARRIVE

- You must not eat any solid food or drink liquids after midnight on the night before the procedure. Your procedure may be cancelled if you do.
- Remove makeup and jewelry before coming to the hospital, and leave valuables at home.
- If you are diabetic and taking insulin, take one-half your morning dose. Be sure to check your blood sugar by finger stick.
- If you take metformin (Glucophage) *do not take it for two (2) days* before your procedure. For all other oral diabetic medications, do not take them the night before and the morning of the procedure.
- If you are on blood thinners such as Coumadin, you will need permission from your Primary Care Physician to stop this medication before your procedure. Our Nurse Coordinator will help arrange the safest way to manage this medication.

- Special Instructions: _____

- For any questions regarding your medication or this procedure, please call our Nurse Coordinator at **617-726-1767**.

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WHAT TO EXPECT

- When you arrive at the Radiology Department, your written consent for the procedure will be obtained. All angiographic procedures involve potential risks, and they will be discussed with you in detail. They include, but are not limited to the following: bleeding, infection, injury to a blood vessel, and an allergic reaction to medications or the contrast agent. Problems with brain function (stroke) may occur. Any additional questions you may have will be addressed.
- Your vital signs will be monitored during and after the procedure.
- The nurse will start an intravenous line (IV) in your arm to give you sedation medications.
- You will be attached to a cardiac monitor so that your heart can be monitored during the procedure.
- You will be given oxygen. Your oxygen saturation will be monitored to tell how much oxygen your blood is carrying.
- The sedative medications may make you feel drowsy and give you a warm feeling. During the procedure the nurse will talk to you and ask how you are feeling. If you are uncomfortable in any way, you should tell your nurse.
- Your groin will be cleaned and shaved, and you will be given medication to numb the skin. You may feel a brief sting before the skin feels numb.
- Your head will be secured in a special holder, and you will be covered with sterile sheets.
- During the procedure you must lie very still and follow the instructions the doctors will give you. You will be asked to hold your breath for about 10 seconds while X-ray pictures are taken. You may feel some warmth in your face, but this will be brief. Do not be alarmed when the X-ray machine gets close to your face—this is how it takes the pictures.
- The procedure takes about 1 to 2 hours.

AFTER THE PROCEDURE

- The doctor will hold pressure on your groin for 10–20 minutes until the bleeding has stopped. You will then be taken to a recovery area.
- You will need to lie flat for approximately four (4) hours to be sure that the puncture site has closed.
- Your nurse will check on your groin site frequently to make sure you are not having bleeding or other complications.
- If there are no problems with the puncture site you will slowly get up with the help of your nurse. You may feel light headed and dizzy if you get up too fast.
- Before you are discharged, you will be given detailed instructions to help you once you go home.
- You will need someone with you to take you home. *We cannot discharge you without an adult escort.*
- Once home, you should take it easy for 48 hours and avoid any strenuous activity for ten (10) days.
- The doctor who ordered this test for you will contact you a few days after the procedure is done to discuss with you the next step in your treatment.



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