Coronary Angiogram / Angioplasty
What You Need to Know
A Patient and Family Guide

Appointment Date: ______________________
Report to Cardiac Cath Lab @: ________________
Client Specific Instructions: __________________

Interior Health Authority
Regional Cardiac Catheterization Lab
Kelowna General Hospital
2268 Pandosy Street
Kelowna, B.C. V1Y 1T2
Tel: 250 862 4358

Adapted with permission from Vancouver Coastal Health 2009
The Regional Cardiac Catheterization Lab is located in Kelowna General Hospital on the main floor of the Royal Building.

Kelowna General Hospital is located close to downtown Kelowna. If you are driving from Vernon (South on Hwy 97), turn left on to Pandosy Street. If you are driving from Penticton (North on Hwy 97), turn right on to Pandosy Street. The hospital is located at the intersection of Rose Avenue and Pandosy Street.

The main hospital entrance is located on Pandosy between Royal Avenue and Rose Avenue where there is a drop off car loop for your accompanying person to drop you off while they park (see EN on Map).
Public parking is located around the hospital campus (see P on the Map). Enter at closest Public Entrance (see EN on map) and follow signs for Royal Building to the Cardiology Reception 💔 or ask a hospital volunteer (Dressed in Red Coats and located throughout the facility).

**Approximate cost for parking per day: $6.00**

### What is a Coronary Angiogram?

- An Angiogram is a procedure where contrast dye is injected into the arteries of the heart and x-ray pictures are taken. An artery is a blood vessel that carries blood from the heart to the body tissues and organs.

### Why am I having a Coronary Angiogram?

- You are having this angiogram to see if there are any narrowing or blockages in your coronary (heart) arteries.

- After the angiogram, the Cardiologist (heart doctor) will talk to you and your family about the results and the recommended plan of care.

- If you have blockages, one or more of the following treatment options will be discussed:

  1. Medications
  2. **Angioplasty (PCI) - discussed below**
  3. Coronary Artery Bypass Graft surgery (CABG)
Angioplasty is a procedure used to open an artery that has become narrowed or blocked by deposits in the artery wall. The cardiologist inserts a catheter (tube) through either the groin or wrist up to the coronary (heart) arteries. A small metal stent (see picture below) is then permanently placed in the artery to help keep the artery open and relieve your symptoms.
Preparation Instructions for your Angiogram

If you have not followed these instructions, your angiogram may be cancelled or rescheduled.

**Medications:**

- Your doctor or nurse may advise you to stop, or adjust, some of your medications before the procedure. Please see Client Specific Instructions on the front of this booklet.

- Please bring **ALL** your medications in their original bottles. This includes prescription and non-prescription drugs, vitamins, and herbal products.

**Valuables & Personal Belongings:**

- The hospital **WILL NOT** accept responsibility for keeping your valuables safe. **Do not** bring valuables or a lot of personal items and clothing.

**Food / Fluid:**

- Up to 6 hours before your procedure, you may have a light meal (e.g. toast, clear soup).

**What to Bring:**

- Form of picture ID (eg. Driver’s License)
- Credit Card or cash for transportation, as needed
- Care Card
Planning for Going Home:

When you come to KGH from home:

- You are NOT allowed to drive following the procedure.

Driving Restrictions:

- If you had an angiogram only, you are not allowed to drive for a minimum of 24 hours following the procedure.
- If you had an angioplasty, you are not allowed to drive for a minimum of 48 hours following the procedure. Depending on the reason for your procedure, you may be given different driving restrictions than those listed above.
- A responsible adult must meet you in the recovery area of the Cath Lab to assist you in going home. If you cannot arrange this, your procedure may have to be re-booked.
- For your safety, someone MUST stay with you overnight, preferably the person who picked you up and received discharge instructions.
- If you live more than 50 kms from Kelowna, you will need to make arrangements to spend the night in the Kelowna area.
- Some accommodations near the hospital provide a “medical rate” please inquire when you are booking.

When you come to KGH from another hospital:

- You may be admitted to KGH and when discharged, you will be required to arrange your own transportation home.

OR

- You may be transferred back to your home hospital via ambulance if you still require hospital care.
When you arrive at the Cath Lab:

- You will be asked:
  - to change into a hospital gown, removing all clothing including undergarments.
  - to give a detailed medical history including medications, allergies to x-ray dye, iodine, shellfish, olive oil, eggs, or dental freezing, etc.
- Current body weight, ECG, and chest X-ray will be reviewed and completed as necessary.
- An intravenous (IV) will be inserted for fluids and/or medications.
- The nurse will use clippers to remove the hair in preparation for the angiogram. The areas clipped may include: both groins and/or wrists.
- You may be shown a teaching video about the angiogram and/or angioplasty.
- You may receive medication to help you relax just before the angiogram.
Preparing for Angiogram or Angioplasty

During the Angiogram You Can Expect:

- To be awake.
- To lie on an x-ray table while staff prepare equipment around you.
- To have the skin of the wrist and groin areas cleaned with a solution (DO NOT TOUCH this area once it is cleaned). The area will be draped with a sterile (germ-free) sheet. We will respect your privacy at all times.
- The cardiologist will then:
  - inject freezing into the groin or wrist area. Once the area is frozen, a tube will be placed into the chosen artery.
  - guide a small catheter up to your heart through this tube and inject dye to see the arteries on your heart. At some point during your angiogram, you may feel a warm sensation through your mid-section—this is normal.
  - ask you to hold your breath or give a deep cough.
- The procedure will last approximately 45 minutes.
- It is normal to feel some mild discomfort during the angiogram.

Please tell the Cardiologist if you are uncomfortable or having pain.
What Happens Immediately After My Angiogram/Angioplasty?

You will be taken to the recovery area, connected to a heart monitor and your blood pressure, pulse and heart rhythm will be checked regularly. Recovery time will be approximately 4 hours. Your care providers will monitor the puncture site carefully.

The tubes will be removed from the groin or wrist and a dressing or pressure device will be applied to that area. This requires firm pressure to be applied over the puncture site and held until there is no bleeding seen.

- **If the groin artery was used**, your groin will be looked at and your pulse will be felt often. This is normal care after this procedure. You will be asked to lay flat and still for 2 hours following your procedure.

- **If the wrist artery was used**, your hand and lower arm will be checked often. You will be asked not to bend your wrist, carry things or lean on this arm or hand for 24 hours.

To lower your risk of bleeding or complications, you will be given clear instructions on safety, movement and positioning listed in the next section.
What Do I Watch For After the Procedure?

PUNCTURE SITE
It is normal to feel some tenderness at the site for the next few days. Any swelling or bruising will go away within the next few weeks. The dressing over the site may be taken off after 24 hours. Please notify your family doctor or nurse if the puncture site shows any of the following:

- An increase in bruising or swelling.
- Signs of infection such as pain, swelling, drainage, redness, chills, or fever.
- A cold, numb, or “blue” foot or hand on the same limb as the puncture site.

BLEEDING
You should have NO bleeding from the puncture site. If you do have bleeding from the site, please follow these steps:

- Lie down flat and have someone press firmly with their fingertips, using a clean cloth, over the puncture site for five minutes.
- When the bleeding stops, you may take off the old dressing and apply a clean band-aid.
- If you cannot stop the bleeding, Call 911. Keep firm pressure on the site.
What Can I Do When I Get Home?

ACTIVITY
For the first 5 days, **DO NOT** lift items over 5 pounds. Avoid prolonged bending or straining. After 5 days, you may return to your normal activities.

HYGIENE
After 24 hours, you may remove the hospital dressing and shower.

Do **NOT** bathe/ hot tub for 3 days.

Note: Your skin may look pink because it was cleaned with a pink soap.

DRIVING
If you have had a heart attack, ask your doctor or nurse when you can resume driving.

RETURN TO WORK
If you have had a heart attack, ask your doctor when you should return to work.

DIET
Resume a heart healthy diet once you go home.

Please refer to the “Recovery Road” Book provided by the Heart and Stroke Foundation of Canada for tips on a healthy heart lifestyle. If you have not received a copy of this book and you are in hospital, please ask the nurse for a copy. If you are at home, this booklet is available on-line at www.heartandstroke.bc.ca > Health Information > Patient Programs > Resources for Heart Patients.
FOLLOW UP CARE
Please make an appointment with your family doctor **within 7 days**. If any of your heart symptoms return (i.e. chest discomfort or shortness of breath), please see your family doctor or go to your local emergency department.

If needed, a follow-up appointment with the cardiologist will be scheduled for you.

**Medication Information**

You may go home with new medications for your heart.

Continue to use your regular medications unless you have been told to stop them by the doctor. If you do not know what your medications are, please check with the doctor or nurse before you go home.

It is important to know the names, doses and how often you take all of the medications prescribed to you by your doctor.

**Do not stop taking Aspirin (also known as Entrophen/ASA), Plavix® (Clopidogrel) or Ticagrelor unless you have discussed it with your “heart” doctor (cardiologist). Continue taking these medications for the entire time they have been ordered.**
# Discharge Heart Medications

The following is a list of common heart medications that may be prescribed.

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASA (Aspirin®) Enteric Coated</td>
<td>Antiplatelet: Prolongs life, ↓ risk of heart attack, prevents clots in stents and blood vessels DO NOT STOP without asking your Cardiologist</td>
</tr>
<tr>
<td>Clopidogrel (Plavix®) Ticagrelor</td>
<td>Antiplatelet: Prolongs life, ↓ risk of heart attack, prevents clots in stents and blood vessels DO NOT STOP without asking your Cardiologist</td>
</tr>
<tr>
<td>Nitroglycerin</td>
<td>Vasodilator: Treats angina</td>
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<tr>
<td>Ramipril (Altace®) Perindopril (Coversyl®) Trandolapril (Mavik®)</td>
<td>ACE Inhibitor: Prolongs life, ↓ risk of heart attack, improves heart function, protects the kidneys, ↓ blood pressure</td>
</tr>
<tr>
<td>Valsartan (Diovan®) Candesartan (Atacand®) Telmisartan (Micardis®) Losartan (Cozaar®)</td>
<td>ARB: Prolongs life, ↓ risk of heart attack, improves heart function, protects the kidneys, ↓ blood pressure</td>
</tr>
<tr>
<td>Metoprolol (Lopressor®) Bisoprolol (Monocor®) Carvedilol (Coreg®)</td>
<td>Beta Blocker: Prolongs life, ↓ risk of heart attack, improves heart function, ↓ blood pressure and heart rate, prevents angina</td>
</tr>
<tr>
<td>Atorvastatin (Lipitor®) Simvastatin (Zocor®) Rosuvastatin (Crestor®)</td>
<td>Statin: ↓ cholesterol, prolongs life, ↓ risk of heart attack</td>
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<tr>
<td>Furosemide (Lasix®)</td>
<td>Diuretic (Water pill): Removes excess fluid from the body, ↓ swelling in feet/legs and fluid in the lungs</td>
</tr>
<tr>
<td>Amlodipine (Norvasc®)</td>
<td>Calcium Channel Blocker: ↓ blood pressure, slows heart rate, prevents angina</td>
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</tbody>
</table>

Talk with your doctor or pharmacist before taking any herbal supplements.

If you must return to the hospital, always bring your current list of medications and the original medication bottles with you.
What If I Have Chest Pain Again?

**DO NOT IGNORE ANY HEART SYMPTOMS:** (e.g. chest pain, pressure, or discomfort)

- Stop what you are doing and sit down.
- If prescribed, take your Nitroglycerin spray every 5 minutes until the pain is relieved. If you still have pain after a total of 3 sprays, **CALL 911. DO NOT drive yourself to the hospital.**

### Some Common Feelings

Sometimes people with a heart condition feel

- Sad
- A lack of interest in life
- Anxious
- Nervous
- Down

If you are bothered by these feelings, know that help is available. Your overall health and your heart health will improve if you get help.

See “Stress Management” resources at the end of this booklet.
How Do I Keep This From Happening Again?

Adopting a healthy lifestyle is important to help prevent further development of heart disease.

SMOKING

By quitting smoking NOW, your health will start to improve immediately. Quitting smoking will reduce your risk of heart attack by 50% after just 1 year. Call the helpline QUITNOW by phone 1-877-455-2233 or click www.QuitNOW.ca.

Regional Cardiac Rehabilitation Programs

It is recommended that you join the cardiac rehabilitation program in your community. If there is not a program in your community, please discuss this with your family doctor or a physiotherapist. See the contact information on the following page:
<table>
<thead>
<tr>
<th>Geographic Area</th>
<th>Address</th>
<th>Web Site</th>
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</table>
| **Okanagan (OK)**
Includes Armstrong, Kelowna, Keremeos, Lake Country, Lumby, Naramata, Oliver, Osoyoos, Peachland, Penticton, Princeton, Summerland, Vernon, Westbank / West Kelowna, Winfield | | |
<p>| Kelowna, Lake Country, Peachland, Westbank, Winfield | COACH 204-2622 Pandosy St Kelowna  T: 250-763-3433  F: 250-763-3442 | Program Offered: COACH or home-based multidisciplinary education and supervised exercise program.  Program Length: 8 weeks  Cost: Range from $45 to $245 (subsidy available)  <strong>Physician/Nurse Practitioner referral required</strong> |
| Okanagan Falls, Oliver, Osoyoos | Oliver Recreation Centre 36003 -79th St, Oliver Osoyoos Sonora Centre 8050-68th Ave, Osoyoos  T: 250-770-5507  F: 250-770-5506 | Program Offered: Assessment and supervised exercise program.  Program Length: 5 weeks  Cost: $55. Includes 3 week fitness center membership  <strong>Physician/Nurse Practitioner referral required</strong> |</p>
<table>
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<tr>
<th>Geographic Area</th>
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<tbody>
<tr>
<td><strong>Thompson Cariboo Shuswap</strong></td>
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<tr>
<td>Includes 100 Mile House, Ashcroft, Barriere, Blue River, Chase, Clearwater, Clinton, Kamloops, Lilooet, Logan Lake, Lytton, Merritt, Revelstoke, Salmon Arm, Tatla Lake, Williams Lake</td>
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</table>
| Kamloops, Thompson Cariboo Shuswap area | Royal Inland Hospital 5th floor Alumnae Tower 311 Columbia Street Kamloops | Program Offered: Gym or home-based multidisciplinary education and supervised exercise program.  
Program Length: 12 weeks  
Cost: Free  
**Physician/Nurse Practitioner referral required** |
|                                           | T: 250-314-2727  
F: 250-314-2198 |                                                                         |
| **East Kootenay (EK)**                   |                                                                         |                                                                         |
| Includes Cranbrook, Creston, Elkford, Fernie, Golden, Invermere, Kimberley, Sparwood |                                                                         |                                                                         |
| Cranbrook                               | Health Unit 20-23rd Ave S Cranbrook  
T: 250-489-6414  
F: 250-489-6420 | Program Offered: Walking and education program. 24 hour blood pressure monitoring available.  
Program Length: 9 weeks  
Cost: Free  
**Physician/Nurse Practitioner referral required** |
| Elk Valley, Elkford, Fernie, Sparwood   | Primary Health Center 570 Pine Rd Sparwood  
T: 250-425-4526  
F: 250-425-2313 | Program Offered: Education program and physiotherapy supported exercise.  
Program Length: On-going  
Cost: Free  
**Self-referred or referral by any Health Care Professional** |
| Kimberley                               | Primary Health Centre #260-4th Ave Kimberley  
T: 250 427-2215  
F: 250-427-7389 | Program Offered: Education program and referral to community resources for exercise.  
Program Length: On-going  
Cost: Contact program  
**Physician/Nurse Practitioner referral required** |
| **Kootenay Boundary (KB)**              |                                                                         |                                                                         |
| Includes Castlegar, Grand Forks, Kaslo, Nakusp, Nelson, Salmon Arm, Trail |                                                                         |                                                                         |
| Castelgar, Kaslo, Grand Forks, Nakusp, Salmon Arm, Trail | Business Office 413 Baker St Salmon Arm  
T: 250-357-9388  
F: 250-357-0107 | Program Offered: Education program.  
Program Length: On-going  
Cost: Free  
**Physician/Nurse Practitioner referral required** |
Resources

To Contact IH Cardiovascular Coordinators
If you have any questions or concerns after your procedure, please feel free to call:

Tel: 250-862-4300 Ext. 5653
TOLL FREE: 1-888-877-4442 Ext. 5653

Cardiac Education
Heart and Stroke Foundation of Canada
www.heartandstroke.bc.ca > Health Information > Patient Programs > Resources for Heart Patients
Tel: 1-888-473-4636

Directory of Cardiac Rehabilitation Programs in Canada
www.cacr.ca/information_for_public/directory.htm

Stop Smoking
Quit Now by Phone/Online Support
www.quitnow.ca
Tel: 1-877-455-2233—24 hr/day, 100 languages spoken.

Stress Management
Bounce Back
www.bouncebackbc.ca

For information on mental health and mental health resources in BC, you can call our 24-hour, semi-automated Mental Health Information Line at 604-669-7600, or toll-free from anywhere in the province at 1-800-661-2121.
Canadian Mental Health Association  
Kelowna Branch: Tel: 250-861-3644  
B.C. Division Office: Tel: 1-800-555-8222  
www.cmha-rmd.com

H.O.P.E. Helping Others Prosper Emotionally  
HOPE is a Kelowna support group for those learning to live with heart disease. For further information, contact COACH @ (250) 763-3433.

**Diabetes Education**  
Canadian Diabetes Association  
www.diabetes.ca

Refer Yourself—CONTACT:  
Central Okanagan Diabetes Program (250) 980-1406

**Healthlink BC**  
Dial 8-1-1  
**Talk to a Nurse** 24 hours/day, 7 days/week  
**Pharmacist** available between 5 PM and 9 AM daily  
**Dietitian** between 9 AM—5 PM Monday to Friday  
www.healthlinkbc.ca