

Cardiac catheterisation (angiogram)

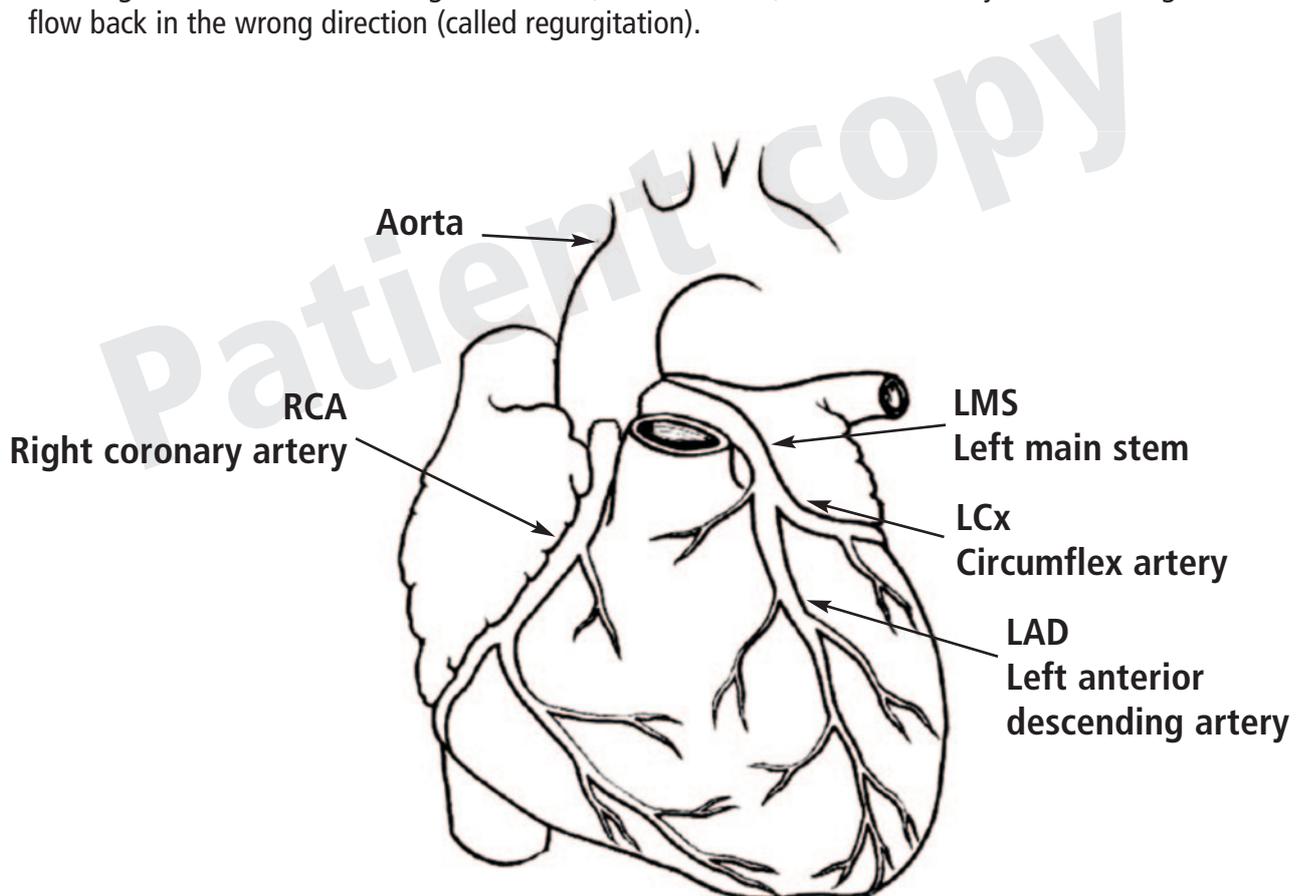
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Why do I need this procedure?

If you are coming into hospital for a cardiac procedure this means that you may have heart disease or need to be assessed to confirm you do not have heart disease. The doctor may also gain information about your heart valves and how well your left ventricle (the main pumping chamber) is working.

The most common heart diseases are:

- **Coronary artery disease** – the coronary arteries supply blood to the heart. There are two main arteries, the left and right, which in turn divide into branches. In coronary artery disease one or more of these arteries becomes narrowed or blocked with fatty deposits called atheroma. The pain or discomfort caused when not enough blood gets to the heart muscles is called angina.
- **Heart valve disease** – your heart contains four valves which make sure that when the chambers of the heart contract, the blood flows in the right direction. If not working correctly, these valves can affect the flow of blood through the heart. Two main valve problems occur: the valve opening may be narrowed, reducing the flow of blood through the valve (called stenosis) or the valve may leak, allowing blood to flow back in the wrong direction (called regurgitation).



You may be coming to the Royal Cornwall Hospital (Treliske) for one or more of the following procedures:

- a **coronary angiogram to assess your coronary arteries and/or heart valves. It is used to decide on the most appropriate treatment for you**
- a percutaneous coronary intervention (PCI) – also known as angioplasty or stenting
- an angiogram with the potential to proceed to percutaneous coronary intervention.

What is an angiogram?

A coronary angiogram is not a treatment and you will not notice any improvements afterward. The aim of the procedure is to gather important information about the structure and function of your heart; looking at your arteries, heart valves and to see how well your heart pumps. This information is then used to decide on the best course of treatment for you.

Are there any alternatives?

This test is considered the 'gold standard' for diagnosing disease affecting heart arteries. Your doctor will explain any other alternatives.

What will happen if I don't have it?

Your doctor will be unable to diagnose and treat the cause of your symptoms. You could discuss alternative options with your consultant.

What will happen on the day of my procedure?

You will usually come in to hospital on the day of your procedure. A nurse will complete a pre-procedure check list and you will be given a hospital gown to change into. A specialist doctor will explain the procedure to you and ask you to sign the consent form to confirm that you understand the procedure and agree to go ahead with it. Please ask any questions you want. A porter will take you to the Cardiac Catheter Lab where you will have the procedure.

What does it involve?

On the whole, the examination lasts about 30 minutes.

1. You will lie on a table which can be moved around, mounted above is the X-ray machine.
2. Local anaesthetic will be used to numb the skin over the artery before starting.
3. You may also be given some sedative drug to help reduce any anxiety you may be feeling.
4. A catheter (a fine flexible tube) is passed into a blood vessel in your groin or your arm (depending on which is thought best for you).
5. The doctor will guide the catheter into your coronary arteries and the main pumping chamber of your heart (the left ventricle) using the X-ray screen monitor.
6. An X-ray dye which shows up on the X-ray screen is injected through this catheter so that the arteries and the pumping chamber can be seen on the X-ray pictures.
7. The x-ray equipment (called the C-arm) is placed at various positions around your chest to get the best pictures. A number of X-rays are then taken very rapidly. You may also receive a hot flushed feeling with one of these pictures.
8. When the test is over the catheter is gently removed. If it was inserted in your wrist, a bracelet with a pressure pad is applied and inflated, which is slowly released by ward staff on return to the ward. If the catheter was inserted in your leg a special closure device called an Angioseal may be used.

Ionising radiation exposure

The proposed procedure involves the use of X-rays (ionising radiation). The amount will vary depending on the length of the procedure and is often measured as an equivalent of background radiation. Background radiation is the low dose of radiation that we are exposed to naturally, every day of our lives. The amount of excess radiation you receive has the potential to cause short term harm (reddening of the skin, burns) and long-term effects. Radiation exposure carries a small risk of developing cancers in the future. We take the utmost care to keep radiation doses as low as possible to gain the information needed for the management of your condition.

Will I have any pain or discomfort?

You will have a local anaesthetic injection to numb the area where the catheter is inserted. The angiogram is not painful, but you may feel a slight discomfort like an angina pain. Don't worry about this (it doesn't mean anything is wrong) but do tell your doctor. Afterwards, you may have some bruising and soreness around the catheter insertion point.

What happens afterwards?

Following your procedure you will return to the ward where staff will monitor your pulse and blood pressure. They will check the wound site and circulation in the limb that was used. You will need to rest for a few hours. You will be allowed to eat and drink again. You may feel a little sore as the local anaesthetic wears off; if you need painkillers, please ask for them. Many patients go home the same day, usually 3-4 hours after the procedure.

How will I get my results?

The doctor will discuss your results with you before you are discharged. If the X-rays show a blockage or narrowing of your coronary arteries, medical therapy (tablets), a coronary angioplasty or bypass operation may be recommended to treat the problem. If damage to your heart valves is identified, heart valve treatment may be recommended. A letter explaining this will be sent to your GP.

What happens when I go home?

- Please ask a friend or relative to collect you and accompany you home.
- You can resume normal activities after 48 hours.
- If the wound in your wrist or leg becomes red, itchy or swollen contact your GP.

When can I drive?

You can usually resume driving 48 hours following the procedure.

Are there any risks or complications?

On the whole, this is a safe test. On rare occasions there may be complications such as:

- bleeding or bruising, especially around the area where the catheter was inserted. This can be made worse if you are on anti-clotting drugs.
- allergic reaction to the dye (risk: 1% or 1 in 100). This is usually very mild and temporary, such as a skin rash.

For standard elective patients:

- A heart attack, stroke or death (risk: 0.1-0.2% or 1 to 2 in a 1000).

For higher risk inpatients:

- A heart attack, stroke or death (risk: 1% or 1 in 100).

For emergency inpatients:

- A heart attack, stroke or death (1-5% or 1 to 5 in 100, or even more in cardiogenic shock).

For some patients the risks may be higher; please speak to your specialist doctor before your procedure if you have any worries.

Any questions?

If you need any more information or have any queries please contact the Cardiac Investigation Unit on 01872 252226.

Further support and information is available from the:

British Heart Foundation

08450 708070

www.bhf.org

British Cardiac Society

020 7383 3887

If you would like this leaflet in large print, Braille, audio version or in another language, please contact the General Office on 01872 252690

CONSENT FORM 1
PROCEDURE SPECIFIC PATIENT AGREEMENT

Cardiac catheterisation (angiogram)

NHS number:

Name of patient:

Address:

Date of birth:

CR number:

*Modified X-ray picture of blood vessels supplying the heart,
 +/- left ventriculography and measuring pressure/oxygen saturations within the heart chambers*

STATEMENT OF HEALTH PROFESSIONAL (to be filled in by health professional with appropriate knowledge of proposed procedure, as specified in consent policy)

I have explained the procedure to the patient. In particular, I have explained the intended benefits:

- To diagnose and manage heart conditions (angina, chest discomfort, breathlessness, heart attack, valve defects or abnormal conditions)

Significant, unavoidable or frequently occurring risks:

- Bleeding, bruising, infection and pain

Uncommon but more serious risks:

- For standard elective patients** – myocardial infarction (heart attack), stroke, damage to blood vessels (including those supplying the heart), dangerous heart rhythms or death (occurs 0.1-0.2% or 1 to 2 in a 1000).
- For higher risk inpatients** – myocardial infarction (heart attack), stroke, damage to blood vessels (including those supplying the heart), dangerous heart rhythms or death (occurs 1% or 1 in 100).
- For emergency inpatients** – myocardial infarction (heart attack), stroke, damage to blood vessels (including those supplying the heart), dangerous heart rhythms or death (occurs 1-5% or 1 to 5 in 100, or even higher in cardiogenic shock).

Uncommon possible later issues:

- Sensitivity to the contrast agents, impairment of kidney function (usually reversible), major bleeding (including retro-peritoneal bleed) requiring urgent operation and compartment syndrome (bleeding into tissues causing pressure effects).

Any extra procedures which may become necessary during the procedure:

- Blood transfusion (required very infrequently)
- Other procedure (please specify): Emergency transfer to tertiary centre (Plymouth/Bristol/London) for coronary artery bypass grafting (open heart surgery)

I have also discussed what the procedure is likely to involve, the benefits and risks of any available alternative treatments or diagnostic procedures (including no treatment) and any particular concerns of this patient.

I have given and discussed the Trust's approved patient information leaflet for this procedure: Cardiac catheterisation (angiogram) (CHA3086) which forms part of this document.

I am satisfied that this patient has the capacity to consent to the procedure.

This procedure will involve: General and/or regional anaesthesia Local anaesthesia Sedation

Health Professional signature: Date:

Name (PRINT): Job title:

STATEMENT OF INTERPRETER (where appropriate)

I have interpreted the information above to the patient to the best of my ability and in a way in which I believe he/she can understand.

Interpreter signature: Name (PRINT): Date:

affix patient label

STATEMENT OF PATIENT

Please read this form carefully. If your treatment has been planned in advance, you should already have a copy of the patient information leaflet which describes the benefits and risks of the proposed treatment. If not, you will be given a copy now. If you have any further questions, do ask - we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

I agree to the procedure or course of treatment described on this form.

I understand that you cannot give me a guarantee that a particular person will perform the procedure. The person will, however, have appropriate experience.

I understand that I will have the opportunity to discuss the details of anaesthesia with an anaesthetist before the procedure, unless the urgency of my situation prevents this. (This only applies to patients having general or regional anaesthesia).

I understand that any procedure in addition to those described on this form will only be carried out if it is necessary to save my life or to prevent serious harm to my health.

I understand that tissue samples will only be taken in relation to the procedure explained to me. No samples will be taken for quality control, clinical education or research purposes.

I have been told about additional procedures which may become necessary during my treatment. I have listed below any procedures **which I do not wish to be carried out** without further discussion.

I have received a copy of the Consent Form and Patient Information leaflet: Cardiac catheterisation (angiogram) (CHA3086) which forms part of this document.

Patient signature: _____ Name (PRINT): _____ Date: _____

A **witness** should sign below if this patient is unable to sign but has indicated his or her consent. Young people / children may also like a parent to sign here (see guidance notes).

Witness signature: _____ Name (PRINT): _____ Date: _____

CONFIRMATION OF CONSENT (to be completed by health professional when the patient is admitted for the procedure, if the patient has signed the form in advance).

On behalf of the team treating the patient, I have confirmed with the patient that they have no further questions and wish the procedure to go ahead.

Health Professional signature: _____ Date: _____

Name (PRINT): _____ Job title: _____

Important notes (tick if applicable):

See advance decision to refuse treatment Patient has withdrawn consent (ask patient to sign/date here)

Patient signature: _____ Name (PRINT): _____ Date: _____

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