

# Peripheral Angiogram

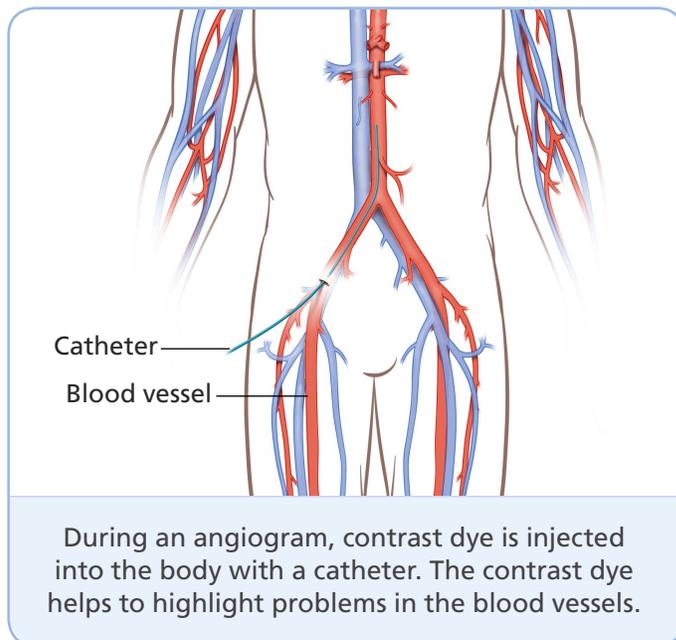
## What is a peripheral angiogram and why do I need it?

A **peripheral** [puh-RIF-er-uhl] **angiogram** [AN-jee-uh-gram] is a test used to find and diagnose problems in the blood vessels of your body (not your heart). During a peripheral angiogram, a doctor uses a clear liquid called contrast dye and a special x-ray (**fluoroscope**) to create real-time images of your blood vessels. These images are used to decide on the best treatment for your condition.

## What can I expect?

The procedure takes 1 to 2 hours. During the procedure, you'll be relaxed but awake. You might be asked to hold your breath, breathe deeply, or cough.

- **A small cut (incision) is made in the skin and blood vessel in the groin.**
- **A short plastic sleeve called a sheath is placed into a blood vessel.** A catheter (a thin, flexible tube) is put into the sheath.
- **Contrast dye is injected through the catheter.** The contrast dye shows up on a fluoroscope and helps to guide the doctor.



- **The catheter and sheath are taken out.** Pressure, or a special closure device, is placed on the insertion site to prevent bleeding.
- **You are moved to a recovery unit.** You may need to lie flat for up to 8 hours. You may be told to drink lots of fluids to flush out the contrast dye.

## What do I need to do next?

- 1 Follow all instructions on when to stop eating and drinking before your procedure.** This will help prevent possible problems with any anesthesia.
- 2 Arrange for a ride.** Ask someone to drive you to and from the hospital. Be sure to arrive on time for your appointment.
- 3 Tell your doctor about all the medicines you take.** Include all prescriptions, over-the-counter remedies, inhalers, vitamins and herbal supplements. Your doctor especially needs to know if you have asthma, if you're allergic to any medicines or dyes, or have ever had a bad reaction to contrast dye.
- 4 Follow all instructions about your medicines before your procedure.** If you take metformin, you'll need to stop taking it 2 days before the procedure, and need blood tests before starting it again. Be sure to check your blood glucose regularly during this time. Call your doctor if it goes higher than 300 mg/dL.

## How do I care for myself at home?

- **Watch for swelling or bleeding.** The site will be bruised, but this should go away in a week or so. Avoid bending or squatting or any intense activity such as climbing stairs, running, or lifting anything over 20 pounds. Take short walks (5 to 10 minutes) 4 or 5 times a day. Avoid constipation.
- **Don't take a bath, use a hot tub, or go swimming for the first 5 days,** or until the wound is closed. You may shower after 24 hours (1 day), but don't let the spray hit the incision site. Ask your doctor for instructions.
- **You can go back to work when your doctor says it's okay.**

## When should I call my doctor?

Call your doctor if:

- The arm or leg where the catheter was inserted feels cold or numb.
- There is bleeding or severe pain at the insertion site, or if bruising, redness, or swelling gets worse.
- You have a fever over 100° F (37.7° C).

## What are the possible risks and benefits of peripheral angiogram?

The table below lists the most common possible benefits, risks, and alternatives for the angiogram procedure. There may be other benefits or risks in your unique medical situation. Talk with your doctor to learn about these risks and benefits. Be sure to ask any questions you may have.

Possible benefits	Possible risks and complications	Alternatives
<p>An angiogram:</p> <ul style="list-style-type: none"> <li>• Provides your doctor with detailed information about your blood vessels.</li> <li>• Helps your doctor diagnose a problem and plan treatment.</li> </ul>	<p>While <b>angiograms are safe</b>, they have some possible risks and complications, including:</p> <ul style="list-style-type: none"> <li>• Numbness or weakness for a few hours below where the catheter was inserted (rare).</li> <li>• Bleeding or infection where the catheter was inserted (rare).</li> <li>• Allergic reaction to the contrast dye (very rare).</li> <li>• Reduced kidney function (or kidney failure in rare cases). Tell your doctor if you have kidney disease or diabetes.</li> <li>• Blood vessel injury that might require repair, a blood clot, stroke, or death in extremely rare cases.</li> <li>• Exposure to x-ray energy, which can slightly increase your lifetime cancer risk. See the Intermountain brochure <b><u>Your Guide to Understanding Radiation</u></b> to learn more.</li> </ul>	<p>Alternatives to an angiogram include:</p> <ul style="list-style-type: none"> <li>• CT scan of your blood vessels</li> <li>• MRI test of your blood vessels</li> </ul>

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