

## Angiography

Dear nurse of the hospital, according to the comprehensive instructions for self-care and patient education, it is necessary to educate the patient during the hospitalization and discharge of angiography according to this instruction and at least the following content.

### Preoperative measures and recommendations for Angiography

- Before the operation, the hair on the operating site should be shaved. Remove jewelry, metal objects, head clips, dentures, etc. before going to the operating room.
- Take off all clothes (underwear, socks, etc.) and wear operating room clothes. If you have makeup and nail polish, clean it.
- Empty the bladder (urine) before transferring to the operating room.
- If you have a history of illness (diabetes, asthma, etc.) and a history of allergies (medication, food), inform the nurse and the treating physician.
- During catheterization and contrast injection, it is normal to feel pressure, hot flashes, and heat, which will be relieved by taking a few deep breaths.
- The possibility of nausea and vomiting at the time of contrast injection is normal and it is necessary to inform the nurse to take the necessary measures.
- During angiography, you will feel a throbbing sensation in your chest and you should cough or take deep breaths.
- You lie down on a bed for angiography.
- Heart and lung conditioners are attached to your arms and legs and then a sterile dressing is placed over the groin.
- You are given sedation, but you are still awake. The doctor numbs an area in your groin or arm and inserts a tube (catheter) into your femoral artery and inserts it into your heart. This is no more than the pain of a simple blood sample.
- A special fluid is pumped into the arteries through a catheter so that the arteries can be seen optimally on X-ray.
- Numerous X-ray images are taken with fluid movement in the artery. You may be asked to hold your breath or cough. Do not worry. This is to get the contrast material out of the coronary artery faster. By examining X-rays, your doctor will diagnose any problems with your arteries.
- You will feel some pressure when the catheter (tube) is inserted. With fluid intake, you rarely feel a slight discomfort in your chest.
- You may feel the need to urinate. You rarely feel nauseous.

### Measures and recommendations after angiography

- After the catheter is removed, a doctor or nurse applies direct pressure to the catheter insertion site for 15 minutes or more to make sure there is no internal bleeding.
- After the angiography, the patient is transferred to his or her ward or intensive care ward (CCU).
- A bag containing sand is placed on the groin for 3-4 hours or a maximum of 6 hours to prevent bleeding in this area.

- Your vital signs are closely monitored. (Blood pressure and pulse, especially peripheral pulses, etc.)
- The angiography site is regularly monitored by a nurse for signs of bleeding or bruising.

### Diet and Nutrition

- A fluid diet can start one to two hours after angiography and then a normal diet.

### Activity

- During this time, you should lie down motionless in bed (depending on your doctor from 4-12 hours).
- If the catheter is inserted through a femoral vein, lie down on your back for a few hours, and if it is done through an arm vein, you do not need to lie down.

### Medicine

- Medications are prescribed by your doctor and are given to you at the time by your nurse.

### Diet and Nutrition

- Eat light, low-volume meals. Eat slowly and chew food thoroughly, avoid overeating, and stop eating before you feel full. Rest after eating. Eat low-salt, low-fat, low-calorie foods high in glucose and potassium.
- Red meat contains bad cholesterol, use it sparingly.
- Avoid processed meat products such as sausages as much as possible.
- Avoid organic meats such as liver, kidneys and brain as much as possible. Use boiled and grilled chicken.
- Use fish in your diet. Eat lots of vegetables and fruits.
- Use fluids.

### Activity

- If you experience dizziness, weakness, chest pain, shortness of breath, and fatigue during the activity, and your heart rate reaches more than 21 beats more than the basal rate, stop the activity immediately. Resume the activity gradually and slowly.
- Avoid activities that put a lot of pressure on the heart, such as pushing while defecating, pulling or lifting heavy objects.
- In the morning, start slowly and do not rush to get things done.
- In planning daily activities, do light and heavy tasks alternately, and take frequent breaks between activities, and use the participation of family members in performing tasks when necessary.
- Gradually, you can do exercises such as walking, jogging, swimming, and cycling daily. These rhythmic and repetitive movements are the best type of exercise.
- It is better to walk slowly for 2-5 minutes before starting and after exercising.

### Taking care

- To relax, stay in a warm room and walk more slowly in cold weather and wear warm clothes.
- Limit climbing many stairs unless absolutely necessary.
- Do not move heavy items over one kilogram for a week. Do not drive for up to a week after angiography.
- Do not exercise for 2-3 hours after eating.
- Avoid taking hot or cold showers immediately before and after exercise.
- Avoid hot baths as it can lead to dilation of the arteries and dizziness and fainting or bleeding at the angiographic site.
- You can bathe in lukewarm water for 11 to 15 minutes in the presence of another person, preferably two days after the angiography.
- Avoid holding your breath while changing position in bed and pushing.

### Medicine

- Take the medication prescribed by your doctor as directed and until the end of a course.

### Next visit time

- In case of decreased activity tolerance, shortness of breath, especially during activity, swelling and symptoms of wound infection, go to the hospital if bruising spreads.