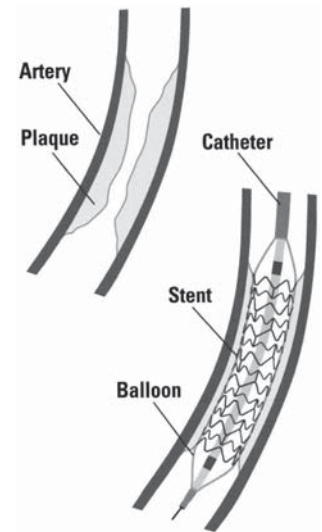


Why Angioplasty/Stent?

As a result of a cardiac catheterization, your cardiologist has determined you have one or more coronary arteries that are narrowed. These narrowings cause the blood flow to your heart muscle to be reduced. Angioplasty/stent procedures open these narrowed arteries and can help to restore normal blood flow.

What is an Angioplasty?

Angioplasty is the technique of widening the blocked artery with a balloon. This is otherwise known as a balloon procedure. Coronary angioplasty is a technique used to open narrowed arteries without surgery. This process is similar to a cardiac catheterization procedure except the catheter has a small balloon at the tip. Your cardiologist places the balloon catheter into the narrowed area and inflates the balloon. The inflated balloon stretches the artery, flattens the plaque and opens the narrowing. The balloon is then deflated and removed. This process can be repeated several times until the desired result is achieved.



What is a Stent?

A stent is a small, metal coil that helps to keep a “ballooned” artery open. Many stents are treated with a medication that reduces the risk of your artery re-narrowing. These stents are known as drug-eluting stents.

A stent is mounted on a balloon catheter.



The balloon is inflated and the stent is expanded.



The balloon is removed and the stent is implanted in the vessel.



A stent acts as a support on the inside of the artery. Stents are mounted on a balloon catheter. The process for implanting a stent is the same as a coronary angioplasty except when the balloon is inflated, the stent is imbedded and remains permanently in your artery. The balloon is then deflated and removed.

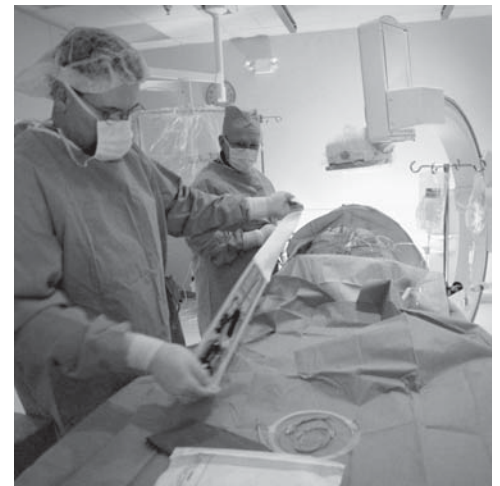
What should you expect during your Angioplasty/Stent procedure?

It usually takes one to two hours to perform an angioplasty/stent procedure. This time frame depends on how many areas the physician needs to work on and how easy the areas are to access.

When the balloon is inflated, you may experience the same angina symptoms that brought you to the office/hospital. These symptoms are normal and should go away when the balloon is deflated.

When the procedure is completed, the balloon catheter is removed.

A plastic tube called an access “sheath” may be left in for a few hours after your procedure. It is important to keep your leg straight as long as the sheath is in place. You may need to lie flat with your leg straight four to six hours after the sheath is removed. Sometimes a “closure device” is used to seal the artery immediately after the procedure. This may reduce the amount of time you need to lie flat.



When you go home

For two to three days you should avoid lifting and only do light activities. You may resume driving the day following discharge. Most people return to normal activities within a few days after going home. It is normal to have a small bruise or a lump where the cardiologist numbed your skin. Although the area may be tender for a few days, it should go away within a few weeks. *If you have had a heart attack, your home instructions may be different.*

Call your doctor's office if you have any of the following:

- ♥ Chest pain
- ♥ Increased pain, swelling or bleeding near or at the puncture site
- ♥ Numbness or coldness in the leg that held the sheath
- ♥ Fever above 100 degrees

Words you may hear

- ♥ **Angina:** symptoms that occur when the heart muscle can't get enough blood
Angina often appears as pressure, tightness or pain in the chest, arm, neck or jaw
- ♥ **Contrast:** a special fluid that allows blood vessels to be seen with X-rays
- ♥ **Coronary arteries:** blood vessels that wrap around the heart and supply the heart muscle with blood
- ♥ **PCI:** Percutaneous Coronary Intervention. PCI is any corrective treatment in your coronary blood vessel
- ♥ **Plaque:** a deposit of fatty materials within artery walls
- ♥ **Sheath:** a short tube used to pass a catheter into a blood vessel

Procedure Instructions

Date _____

Location _____

Arrival Time _____

Generally, your procedure begins two hours after arrival time. Due to unforeseen circumstances, your procedure time may vary.

- ♥ **Do not** eat after midnight the night before the test. You may drink clear liquids.
- ♥ **Do** bring a complete list of your current medications with you.
- ♥ **Do** bring an overnight bag. You will be staying overnight.
- ♥ **Do** take the following medications the morning of your test before coming to the hospital:

♥ If you are diabetic: _____

♥ Notify your doctor if you are allergic to iodine or shellfish.

♥ Special comments:

♥ Questions I want to ask:

