



Instructions for Coronary Angioplasty and Stent Three Village Cardiology

A coronary stent or angioplasty, is a procedure performed in the hospital where a thin tube or catheter is inserted into an artery and guided to the heart. A special dye (which is visible with x-ray) is injected through the catheter. The X-rays show where any problems may be.

Purpose:

- To either compress fatty deposits to open an artery (ANGIOPLASTY) or
- To insert a small coil or mesh tube either medicated or non-medicated in the blocked artery to keep it open (STENT)

Before the procedure: Report any allergies you have. Since X-ray dye contains iodine it is important to report any allergies to X-ray dye or shellfish. If you are allergic, the catheterization can be performed but additional medications to prevent any reaction may need to be given prior to the test.

Do not eat or drink anything for 6 to 8 hours before the test. If you are diabetic, you may need to check with your primary care doctor, regarding how you are to take your diabetic medications on the night before and the morning of the test. The area where the catheter is inserted will be shaved if need be. You will be given both oral and intravenous medication before and during the procedure to help you relax.

Coronary Angioplasty or Stent the actual procedure

The area where the catheter will be inserted is anesthetized. A small puncture is made in the artery and a small tube or introducer sheath is placed in the artery. The catheter passes through the sheath and is guided to the heart. X-ray dye is injected through the catheter and X-rays of the heart and coronary arteries are taken. In an angioplasty, a balloon tipped catheter is inserted into the artery until it reaches the blockage. The balloon is inflated and deflated several times to compress the fatty deposits. You may feel some chest pain when the balloon is inflated. When a stent is placed, a balloon is inserted initially to expand the stent where it locks in place, and the balloon tipped catheter is removed. A stent remains in the artery permanently.

After the procedure

After the stent or angioplasty, you may have the catheter removed in the Cath lab, and a small seal will be inserted in the leg to help close the hole made in the artery. Stitches may be used if the approach is made through the arm. In some cases, the sheath is left in place and you will need to keep your leg straight until the sheath is removed.

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Under rare circumstances, additional support of the coronary circulation may be necessary for the following procedure called, an intra-aortic balloon pump. This is a special device to assist in keeping the artery open after a stent or angioplasty, and will require you to be watched in the ICU rather than the post-angioplasty suite.

You will be watched overnight for bleeding and then discharged home. At home you should continue to keep your leg straight or arm still for at least 6 hours after the procedure. You may notice a bruise or small lump in the groin or arm area. This is normal unless the area increases in size or discomfort.

IF YOU EXPERIENCE ANY OF THE FOLLOWING IMMEDIATELY CALL (631) 689-1400.

- Numbness or pain in the arm or leg where the procedure was done
- Difficulty breathing
- Chest or back pain
- Palpitations or irregular heartbeat
- Bleeding at the insertion site a temperature of more than 101.5 F
- Warmth, tenderness or redness around the incision.

You may return to usual activities in 1-2 days. Do not push or lift more than 10 pounds for at least 1-2 weeks after the procedure unless told otherwise.

Ask the doctor if you have further questions, do not to hesitate to call Three Village Cardiology at (631) 689-1400.