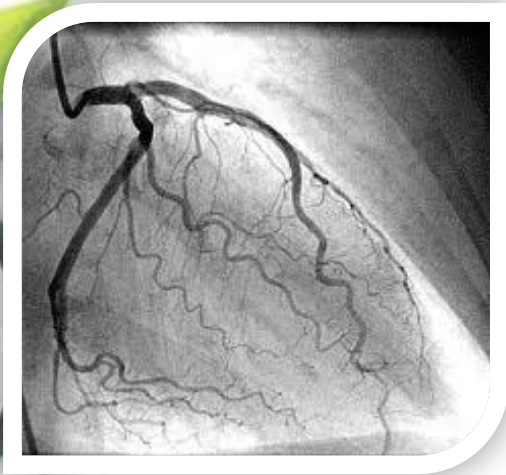


Angiography is a X-ray based diagnostic technique used to see the magnitude of coronary or heart vessels and it does not treat the disease. On the physician's recommendation and in the necessity of angioplasty surgery (balloon or spring), the surgery might be performed immediately after angiography (meaning at the session of angiography).



Risk Factors



Fatty and salty diets, overweight and obesity

Increase of blood fat and blood pressure, diabetes, lack of physical exercise and activities, smoking, stressful life.

Symptoms of Cardiac Artery Stenosis

- ❖ Pain and discomfort in chest, shoulders, arms and back
- ❖ Dyspnea

- ❖ Asthenia and vertigo, restlessness, sweating and nausea in addition to the abovementioned symptoms
- ❖ Reduction in blood pressure and pulse (change in vital signs)

WHAT TO DO BEFORE ANGIOGRAPHY

- ✚ Complete an appliance case; and blood test
- ✚ Checking kidney health
- ✚ Checking any allergy to drugs and iodine-containing foods. In case of any allergy, let your physician know.
- ✚ Have a light breakfast at the morning of angiography day. There is no need to be fast at the time of angiography.
- ✚ Take a shower the night before angiography session and shave the areas specified in advance (genital

area, below the belly-button to mid-thighs at both sides).

- + Dentures, glasses, hearing aids and accessories must be removed.
- + Take enough sleep at the night before angiography session.



NOTE

In the event of vertigo, asthenia, chest pain, dyspnea and fatigue during activities and also, your heart beat increases abnormally, stop immediately.

Avoid activities that put high pressure on heart, including: pulling or lifting up heavy objects, straining at the time of defecation.

In the morning, move slowly and do not hurry.

Low-fat and low-salt diets are recommended

Getting vegetables and fruits can significantly reduce the risk of heart attack.

For one week, check the area of angiography in terms of infection symptoms such as inflammation, swelling, pain and sensitivity to touch and heat.

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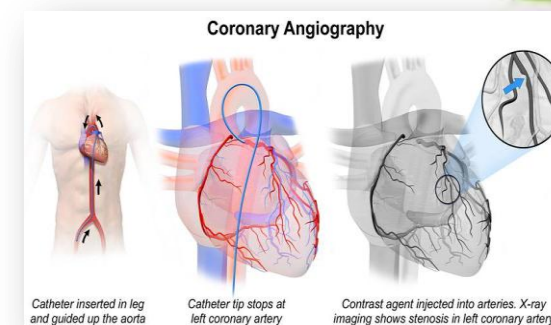
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Mashhad University of Medical Sciences

School of Nursing and Midwifery

PATIENT TRAINING



Angiography

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