

Pre-Procedure Peripheral Angiogram Instruction and Education

Date of Procedure: _____ **Arrival Time:** _____

Your doctor has recommended a peripheral angiogram as the next step in your care plan.

This procedure examines the arteries outside the heart — such as those in the arms, neck, kidneys, abdomen, or legs — to detect narrowing or blockages. During the procedure a thin, flexible tube called a catheter is inserted into a blood vessel in your groin, arm, or foot and guided to the area being studied. A contrast dye is injected, and X-ray images are taken to show blood flow and identify any narrowing or blockages.

Why this procedure is done:

- To find narrowing or blockages in peripheral arteries
- To evaluate circulation in the arms, neck, kidneys, abdomen, or legs
- To help plan treatment, such as angioplasty, stent placement, or surgery
- To determine if referral to a vascular specialist is needed

What to expect:

- The insertion site will be numbed with local anesthesia
- You may be given mild sedation to help you relax
- You might feel a warm sensation when the dye is injected
- After the procedure, you will be monitored in the recovery area for 1–4 hours

Before the Procedure

A nurse from Orion Heart and Vascular Surgical Center will call you before your procedure to review your medical history and answer any questions you may have. If you have had this procedure before and experienced any complications, please inform the nurse about them.

Fasting:

- You may eat a light meal 6 hours before your procedure and have clear liquids up to 2 hours before your procedure.
- It is recommended that you drink plenty of clear liquids, including sports drinks (if you are not diabetic), the night before your procedure, and continue to do so up to 2 hours before your procedure.

Medications:

- Continue taking your medications unless instructed otherwise by your physician.
- If you take blood thinners (e.g., Coumadin/warfarin, Pradaxa, Eliquis, Xarelto), follow your cardiologist's or primary care provider's specific instructions.
- If you are taking a GLP-1 medication (such as Ozempic, Wegovy, Mounjaro, Rybelsus, etc.):
 - Injections: stop 7 days before your procedure
 - Oral tablets: hold day of your procedure
- On the morning of your procedure
 - You may take your usual blood pressure, thyroid, and seizure medications.
 - You may also take aspirin, Plavix (clopidogrel), Brilinta (ticagrelor), or Effient (prasugrel) unless your doctor has given other instructions.
 - Hold insulin on the morning of the procedure, as you will not be eating and taking it could cause your blood sugar to drop too low.
- Bring a current medication list with dosages to your appointment.

Allergies:

- Inform staff if you are allergic to contrast dye, iodine, shellfish, or latex

Bathing and Skin Preparation

- Shower the night before and the morning of the procedure using antibacterial soap.
- Do not apply lotions, powders, oils, or perfumes
- Do not shave area razors create small cuts that can be a source of infection. Staff will prep area day of procedure.

Clothing and Personal Items

- Wear loose, comfortable clothing on the day of your procedure.
- Do not wear jewelry, makeup, or nail polish. Leave valuables at home.
- Bring your photo ID, insurance card, and any necessary referral forms.

Transportation:

- You must have a responsible adult to drive you home. You cannot drive or take a taxi or rideshare alone after the procedure.

Day of the Procedure.

- ◇ In the Preop Area the Orion Heart and Vascular surgery center Nurses will have you change clothes, sign consent, review your health history and medications, and start an IV
- ◇ The insertion site (wrist, foot and/or groin) will be cleaned and shaved as necessary.
- ◇ You may be given oral medication to help you relax.

During the Procedure

- ◇ The area will be numbed with local anesthetic.
- ◇ You may be given a sedative to help you relax
- ◇ A catheter is inserted into the artery and contrast dye is injected.
- ◇ You may feel a warm sensation when the dye is injected.
- ◇ The procedure usually takes 30–60 minutes.

After the Procedure

Recovery:

- Typically you will be monitored for 1–4 hours.
- The access site will be checked for bleeding.
- You will need to lie flat if the groin was used.

Discharge Instructions:

- Do not drive, operate machinery, or sign legal documents for 24 hours.
- Avoid heavy lifting, strenuous activity, or bending at the waist for 24–48 hours.
- Leave the dressing in place as instructed. Keep the site clean and dry.

Site Care:

- Monitor for bleeding, swelling, redness, or warmth at the insertion site.
- A small bruise or lump is normal

Medication:



- o Hold Metformin for 48 hours after the procedure.
- o Hold the following medications 48 hours after the procedure.
 - Sildenafil (Viagra®)
 - Tadalafil (Cialis®),
 - Vardenafil (Levitra®, Staxyn®),
 - Avanafil (Stendra)
- o Fill and pick up any new medication prescriptions as directed
- o Additional discharge medication instructions will be provided before you leave.

Call Your Doctor Immediately If You Have:

- ◇ Severe pain, swelling, or bleeding at the site
- ◇ Fever over 100.4°F
- ◇ Numbness or tingling in the limb
- ◇ Chest pain, dizziness, or shortness of breath

Follow-Up

A follow-up appointment may be scheduled with your cardiologist or vascular specialist to review your results and plan next steps.

Informational Videos

Peripheral Arterial Disease Interventions

Explains PAD, angiogram steps, balloon angioplasty, and stent placement.



We genuinely look forward to your visit and appreciate the trust you're placing in us with your care. We're here for you every step of the way.



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