

Instructions to patients scheduled for coronary angiography and or balloon angioplasty

The coronary arteries are blood vessels on the surface of the heart that supply the heart muscle with blood. Narrowing of the coronary arteries results in a lack of oxygen to the heart and chest pain. A heart valve defect may lower the heart's pumping ability, causing e.g. breathlessness and fatigue.

These heart conditions are examined at the Cardiac Unit with a coronary angiography performed under local anaesthesia via an artery in the wrist or groin. If there is a narrowing in the coronary arteries that is found to be suitable for treatment with balloon angioplasty, the procedure can be performed in connection with the angiography. The procedure is not entirely risk-free, but severe complications are very rare.

Before coming to the hospital

You must not eat anything for at least six hours before coming to the hospital; you are allowed to drink a little water.

Take your medications as normal with a small amount of water.

Bring any medications you take, insulin and a list of any other medications you use when you come to the hospital.

When you come to the hospital, please note that driving is not allowed on the day of the procedure.

If you have diabetes treated with tablets:

Do not take your tablets until after the procedure and with a meal.

- If you have diabetes treated with metformin: Competact®, Diformin retard®, Eucreas®, Glucophage®, Janumet®, Metforem®, Metformin®, Velmetia®, Oramet®, Jentadueto®, Vipdomet®, Xigduo® or Komboglyze® do not take your medication the night before the procedure and for two days after the procedure.

If you have diabetes treated with insulin:

Inject your long-acting insulin as normal.

If you are using mealtime insulin, inject it after the procedure in connection with a meal.

Before the procedure

A venous cannula will be inserted into your vein by a nurse for drug administration.

During the procedure

During the procedure, a thin catheter is inserted into the coronary artery in the heart under X-ray monitoring via an artery in the wrist or groin.

The procedure is almost painless and takes about an hour.

Based on the coronary angiography findings, the treatment that is best suited for you will be chosen: medication, balloon angioplasty or surgery.

In balloon angioplasty, a balloon catheter is inserted into the narrowed location. The balloon at the end of the catheter is filled with water. This causes the balloon to inflate, forcing the narrowing in the vessel to expand. During the procedure, a stent (a metal mesh) is often placed in the narrowed vessel to improve the outcome.

Balloon angioplasty is not an entirely risk-free procedure, but severe complications associated with it (local bleeding, coronary artery blockage, myocardial infarction, impaired brain circulation, pericardial effusion, death), are very rare (less than 0.5%).

After the procedure

If you have only had angiography, you will be discharged on the same day after 4-6 hours. You may need to stay in hospital overnight for observation following balloon angioplasty.

The length of sick leave is a few days—a week. Avoid strenuous physical activity, sauna baths and long walks for two days. The puncture site will generally heal within a week; after this, you may resume your normal daily activities without any restrictions.

Get in touch

- if you get an infectious disease with a fever, if you are unable to attend your appointment for some other reason or if you have any questions about the procedure.
- if you know or suspect you are pregnant.

Cardiac Unit, tel 044 707 9381, Monday through Friday 9 am – 12 noon

Satasairaala Wellbeing services county of Satakunta