

Peripheral Angioplasty and Stent Insertion

What is an Angioplasty?

Angioplasty is a minimally invasive procedure used to treat an artery which has become blocked or narrowed.

A thin plastic tube (catheter) is inserted into the artery and passed through the blockage. A special balloon on the end of the catheter is placed across the narrowing or blockage. This balloon is inflated from outside the body momentarily and then deflated to improve the flow through the blood vessel.

What is a Stent?

A stent is a special device made of metal mesh that is placed across a narrowing or blockage to keep the artery open.

What happens during an Angioplasty procedure?

A trained specialist doctor called a radiologist will perform your Angioplasty procedure along with a team which may include a Radiographer, Nurse and Healthcare Assistant

- You will be asked to change into a hospital gown.
- You might be asked to remove certain items of clothing and jewellery.
- The person completing the procedure will ask you to confirm some details including date of birth and pregnancy status.

The skin around the groin is cleaned and then numbed with local anaesthetic. A small plastic tube is inserted into the artery and passed through the blockage.

The blocked segment is then widened using a balloon. Afterwards a metal stent (a mesh tube) may be placed in the artery.

The procedure is done using x-rays and a special liquid which shows up on the x-rays (contrast) for guidance. At the end of the procedure the plastic tube is removed, and pressure is applied to the groin for several minutes.

Will I feel any pain?

You will feel a stinging as the local anaesthetic is injected into the groin.

You may feel some discomfort when the balloon is inflated over a few seconds. This may be repeated a few times in order to get the best results.

There is likely to be some bruising in the groin after the procedure which may cause some discomfort for several days. This usually settles down without requiring any treatment.

Are there any risks with this examination?

Radiation risk

x-rays are of a type of radiation known as ionising radiation. The dose that you get from a medical exposure is very low and risks are minimal.

The radiation is similar in strength to other sources of natural radiation that people are exposed to everyday without even realising.

The radiographer is responsible for making sure that your dose is kept as low as possible and that the benefits of having the x-ray outweigh any risk.

Contrast risk

We will give you contrast dye to make areas of your body show up more clearly.

The radiographers will complete a checklist to ensure it is safe for you to have the dye and you will be asked to sign this form as a consent, the specific side effects are documented on the checklists that you complete.

The contrast dye that is sometimes used can cause allergic reactions however the staff available will be checking for any risks before we proceed.

Common:

Local discomfort/bruising (groin), minor bleeding, swelling

Infrequent:

Treatment failure, bleeding requiring transfusion, allergic reaction, kidney impairment infection

Serious:

Distal embolization, artery damage, limb loss, death (<1%)

Is there anything I need to inform you of before I attend for my appointment?

Pregnancy:

Radiation can be harmful for an unborn baby. If you are or think you may be pregnant you must tell the radiographer before the examination.

Each examination request will be checked by the radiographer / radiologist to make sure it is properly justified and necessary.

How do I prepare for my Angioplasty procedure?

Sometimes we will advise you not to eat or drink before your scan. Your appointment letter will tell you how long before your examination to stop.

If you are taking blood thinning medication such as aspirin or clopidogrel you will require special instructions; please contact the department as soon as possible for further advice.

If you are taking any medications, please continue to take these as usual unless you have been told otherwise by your doctor. If you are taking Metformin and have poorly functioning kidneys, please contact the department to review this as you may be asked to stop taking this medication 48 hours prior to your appointment.

Clothes and accessories:

There are some clothes that can affect the quality of the x-ray and you may be asked to remove them and wear a hospital gown.

You may also be asked to remove jewellery, dentures, glasses and any metal objects or clothing that might interfere with the x-ray images.

Help and support in the department

If you have any medical problem which you feel may affect your safety in the department, or if you feel you may need any assistance, please let us know when you arrive.

Do I need to give my permission (consent)?

The radiologist will ask you if you are happy for the examination to go ahead. This is called verbal consent.

If you do not wish to have the examination or are undecided, please ask the radiologist or one of the team so that they can answer any questions you may have.

Remember, it is your decision. You can change your mind at any time and your wishes will be respected.

How long will it take?

Every patient is different, and it is not always easy to predict; however the procedure usually takes about 45 minutes

What happens after an Angioplasty procedure?

If you have been booked as a day case, you will be transferred to the recovery area in radiology. You will be asked to lie flat after your procedure for three hours to rest the groin. After that you will sit up for 1 hour and then get up and walk around the ward.

You will be discharged by a nurse after checking your groin site, other observations and you have felt alright walking around.

If you are an afternoon patient you will stay overnight for bed rest and observation and should be able to go home the following morning. You will be discharged with some discharge information given by the nursing staff.

When will I get my results?

You will be made aware of the outcome as soon as the procedure has been completed.

You may already have an appointment with the clinician who referred you. If not, please contact them to arrange a time to talk about the results and any treatment you may need.

If you are staying in hospital as an inpatient, the results will be given to the doctors looking after you on the ward.

What are the chances of a successful result?

The chances of a successful result vary from person to person depending on the extent and position of the blockage. You will have the opportunity to discuss the chances of success with the radiologist before the procedure. Generally, the chances of immediate success are quite good, but in the long-term blockages and narrowings can reoccur either at the same site or at a different site.

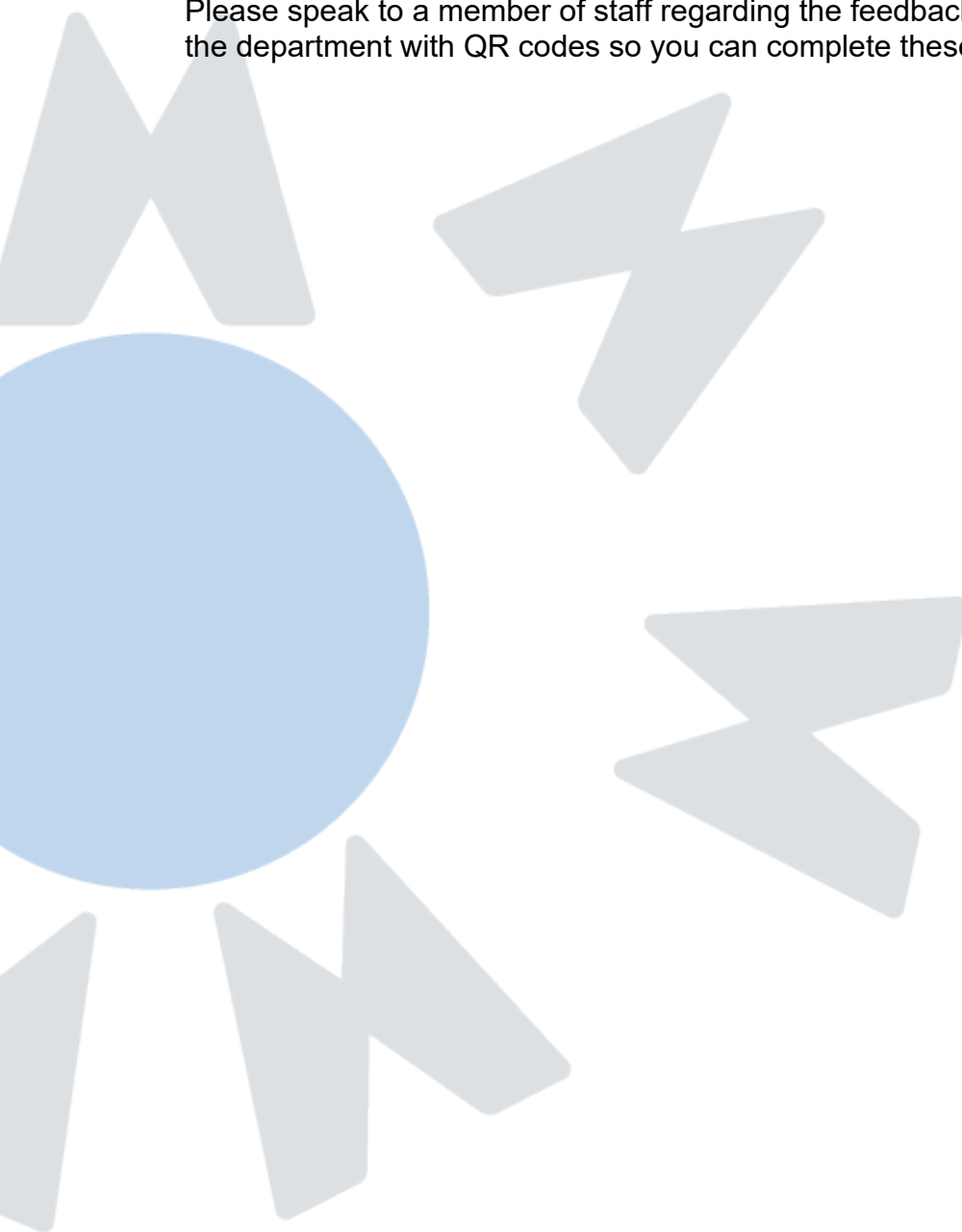
What should I do if I have a problem?

You should not have any problems that is a result of the Angioplasty procedure.

If you feel your condition has changed, or you need further medical advice before receiving your results/after leaving the hospital, please make an appointment with the doctor that referred you, or in an emergency, go to your nearest Emergency Department (ED).

How can I provide feedback for the appointment I have attended today?

The Division of Imaging welcomes feedback from all our patients. We actively take part in the Friends and Family Test and we complete a patient experience questionnaire every month to obtain feedback on the experiences you have had. Please speak to a member of staff regarding the feedback or there are posters within the department with QR codes so you can complete these online.



Contact us

For contact information please refer to your appointment letter or if you are an inpatient please direct your queries to one of the medical staff on the ward

Language and accessible support services:

If you need an interpreter or information about your care in a different language or format, please get in touch.

Your comments and concerns

If you would like to provide feedback you can:

- Ask to speak to the department lead / manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL.
- Log onto the Patient Opinion website www.patientopinion.org.uk/ click on 'Tell your Story'

If you would like to discuss a concern or make a complaint:

Ask to speak to the department manager – they may be able to help straight away. Inpatients can speak to a senior nurse or manager by contacting the Tell Us Today service on (0161) 701 1999.

Contact our Patient Advice and Liaison Service (PALS) on (0161) 276 8686 email: pals@mft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111, 24 hours a day
Website: www.111.nhs.uk

Finally

Some of your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion about your treatment with the Doctors looking after you. Further information can be obtained by contacting the Radiology department that is performing the procedure. Do satisfy yourself that you have received enough information about the procedure, before you sign the consent form.