

## VASCULAR STENTING

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### What is a vascular stenting?

A vascular stenting is a special x-ray procedure that enables the doctor to open up a blocked or narrowed artery. In order to do the procedure, a long fine tube (catheter) is inserted into the artery at the groin. This catheter has a small wire cage (stent) on it and this is used to open up and support the narrowing in the artery. The catheter is removed at the end of the procedure; the cage is left behind to provide continuing support. A special dye (contrast medium) is injected into the tube and x-ray pictures are taken during the procedure to help the doctor position the cage in the correct place. The whole procedure will last approximately one to two hours.

### What are the benefits of having a vascular stent?

Your narrowed or blocked arteries can be treated without the need for surgery. .

### Are there any risks involved in having a vascular stenting?

There are the usual slight risks associated with X Rays, and also from the injection of contrast medium (dye). **Female patients who are or might be pregnant must inform a member of staff in advance.**

All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the benefits you may achieve by having the procedure.



The dye injection you have for this test is generally very safe. Literally thousands of people have this dye injected in X-ray departments every day. However, with every injection of the dye, there is a risk of a reaction. It is not uncommon for people to feel a little bit warm as the dye is injected. Some people may develop a rash, and a few people may get a mild asthma attack. Very, very rarely someone gets a severe allergic reaction, similar to that with, for example, peanut allergy.

The doctors, nurses and radiographers in the X-ray department are trained to recognise these reactions, and to treat them. Also, should it be necessary, other doctors are close at hand. If you have a history of severe reactions to drugs, or have a severe allergy, you may be advised to have a short course of steroid tablets, or an injection, to reduce the risk of a reaction. All risks are relative, and again it is important to remember that the risk of not having the procedure outweighs the risks of the dye.

There could be bleeding from the site where the needle is inserted, this is rare. Hospital staff will observe for bleeding whilst you are in hospital. Late bleeding from the puncture site is very rare.

**Please be sure to ask any questions that you may have when you see the consultant before your procedure. Your consultant will fully explain to you all the risks involved and it is important that you know about and accept any possible risks BEFORE you sign the consent form.**

### **How long will I be in hospital for?**

You will need to stay in hospital overnight. This will be discussed with you in the outpatient clinic.

### **On the day of your vascular stenting**

On the morning of your test, you may have breakfast as normal. Carry on drinking until asked to stop. This is usually two hours before your test.

Please take your medication as normal.

If you take Warfarin, your last dose should be five days prior to coming into hospital.

If you are on metformin, your last tablet should be taken the day before your test. The ward staff will tell you when to start taking the Metformin and Warfarin again

If you are on insulin, carry on taking it as normal, and eat & drink as normal.



## **What happens when I arrive at the ward?**

You will normally be admitted to the ward a few hours before the procedure so that we can check your details and general health.

There are some occasions when patients will be asked to come into hospital the day before the test. Details of this will be in your admission letter.

Please tell the nurse if you take any medication, if you have any known allergies or if you have any other medical condition.

You will be given a hospital gown to wear.

You will be taken to The X –ray Department in a wheelchair, and will return to the ward on a trolley.

## **What happens during the test?**

You will be asked to lie down on an x-ray table and attached to monitors that measure your blood pressure and pulse.

The doctor (radiologist) will feel for the pulses in your groins and decide if it will be one groin or both that he needs to access. The nurse will then shave your groin/ groins.

A radiologist will inject some local anaesthetic into your groin so the area is numbed. After this, the procedure should be painless.

The long fine catheter is then inserted into the artery at the groin, and using x-rays to help, the radiologist manipulates the catheter and stent into the correct position. You will not feel the catheter and stent being moved around your body. X-ray pictures are taken whilst the dye is injected down the catheter into the blood vessels. Some injections may cause hot flushing for a few seconds, and an occasional feeling of wanting to pass water. When the test is completed, the catheter is removed and pressure will be applied to the groin for approximately ten minutes to minimise any bruising.

## **What happens after the test?**

A nurse will take you back to the ward and you will need to rest on your bed for a few hours. It is important that you lie quietly so that your groin does not bleed. A nurse will look at your groin to check for bleeding.

Your blood pressure and pulse will continue to be checked.

When you are allowed out of bed you must walk gently at first



## **Going home**

A senior nurse will visit you on the ward to assess that you are able to go home

You should arrange for someone to take you home from the hospital.

A responsible adult should stay with you for 24 hours once you are home.

You are advised to rest as much as possible.

Normal walking is acceptable, but avoid strenuous exercise for two days.

Take mild pain-killers if your leg or groin aches.

Please check your groin. It is normal to see some bruising for up to one month.

If you notice a swelling, or if your groin starts to bleed, press on your groin and go to the Accident & Emergency department.

## **How will I get my results?**

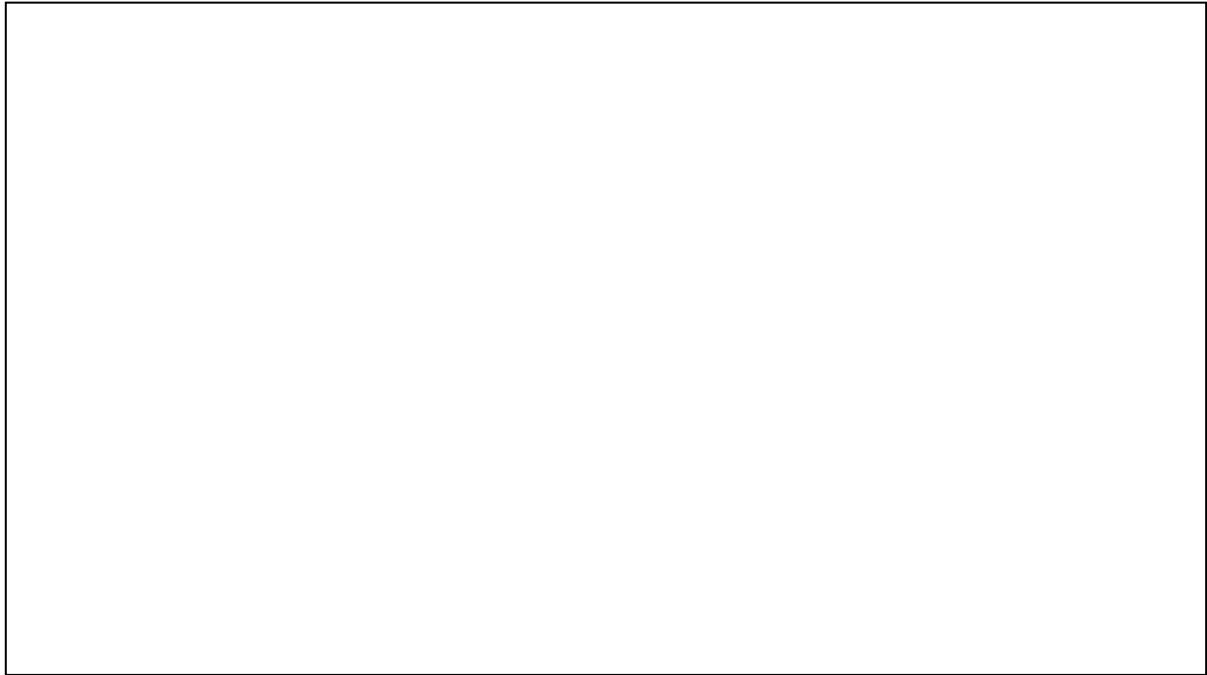
The radiologist and the surgeon will look at the x-rays and discuss their findings.

They will decide if you need further treatment. You will be sent an appointment to see the surgeon in the outpatient clinic.

## **Any questions?**

If you have any questions about the procedure please ring 0161 922 6426 Monday to Friday between 9am and 5pm, or write your questions in the box below and bring this leaflet with you.





*Will I be able to drive?*

Under no circumstances should you drive for at least 48 hours following your test.

**Who should I contact if there is a problem following my test?**

For advice, telephone X Ray on 0161 922 6426 during the hours of 9.00am to 5pm, Monday to Friday. Out of hours telephone the hospital on 0161 922 6000 and ask to be put through to the ward you were staying on. Alternatively, you can contact your GP.

**Choice**

Your doctor has decided that this is the appropriate examination/ procedure for your condition. Any alternatives should have already been discussed with you.

**Source**

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.



Should you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6426

### **Language, Interpretation and Patient Support Service (LIPS):**

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中

央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

**Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( Language, Interpretation and Patient Support Service LIPS):**

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لیٹگوئج، انٹرپریٹیشن اینڈ پیڈنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔



<b>Author</b> Fluoroscopy Team Radiology Reference Number	<b>Department</b> Radiology  113	<b>Date created</b> <b>Date Last reviewed</b> <b>Reviewed By</b>	25/08/06 07/10/19 Claire Lucas/Danielle Hayhurst
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