



Hadi Clinic Cardiology Centre

Coronary Angioplasty (PCI) Information Leaflet

What is Coronary Angioplasty?

Coronary angioplasty (*also known as Percutaneous Coronary Intervention or PCI*) is a catheter-based procedure that treats narrowed coronary arteries by using balloons and special metal scaffoldings called “stents”.

When is Coronary Angioplasty required?

If you been handed this leaflet, then **either**:

1. You have already undergone a Diagnostic Coronary Angiogram procedure that revealed one or more of your coronary arteries are narrowed and require stenting, in which case you will be familiar with the procedural setup and will therefore easily understand much of the contents of this leaflet.

OR:

2. The Cardiologist feels that you may have coronary artery disease, and suggested that you undergo diagnostic coronary angiography, and then proceed straight away to stenting if significant narrowing is identified in one or more of your coronary arteries, in which case you will have been given the “*Diagnostic Coronary Angiography*” leaflet together with this one. If this is the case, **please read the other leaflet first** so you can better understand this one.

Preparing for Coronary Angioplasty

The steps are similar to those of preparing for Coronary Angiography. Please follow the below instructions:

1. **Withhold Certain Medications:** If you are taking blood thinning treatment (e.g. Warfarin), you must withhold it for **5** days before your coronary angioplasty procedure and then restart it one day afterwards, unless the Cardiologist instructs you otherwise. Also, if you are taking Metformin treatment (for Diabetes), you must withhold it for **48** hours before your coronary angioplasty procedure and then restart it **48** hours afterwards, unless the Cardiologist instructs you otherwise.
2. **Take the Loading Dose Tablets:** You will be requested to take **300** mg of Aspirin and **600** mg of Plavix either the night before the procedure or in the morning of the procedure itself. Please ensure that you take the loading dose as instructed.



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3. **Observe Fasting Instructions:** Patients are not usually asked to fast before coronary angioplasty. However, in some cases, the Cardiologist might ask patients to fast for six hours or so prior to the test. Please comply if you are requested to fast before your scheduled coronary angiogram procedure.
4. **Report to the Cardiology Centre Reception on the Ground Floor:** On the day of your scheduled coronary angioplasty procedure, please report to the Cardiology Reception Office, where you will be registered and be shown to your private room where you will be admitted. You will be given a hospital gown to dress in for the procedure. A small needle will be inserted in your hand or arm to aid the administration of any sedative or pain relief medications that might be required during the Coronary Angioplasty procedure.
5. **Sign the Consent Form:** If you haven't already signed the Consent Form in the Cardiology clinic, you will be requested to sign one once you have been admitted to your room.
6. **Transfer to the Cardiac Catheter Laboratory (Cathlab):** Once the above 4 steps have been completed, you will be transferred on a trolley or a wheelchair to the Cardiac Cathlab, where the Coronary Angioplasty procedure will be performed.

How is Coronary Angioplasty performed?

Like diagnostic coronary angiography, Coronary angioplasty is performed inside a special procedures room called the Cardiac Catheter Laboratory (Cathlab). You will be asked to lie on your back on a table, and your wrist and groin areas will be cleaned using a sterile solution. Several ECG wires will be positioned on your chest and connected to a heart monitor so your heart beats can be viewed on the screen. You will then be covered with sterile drapes to ensure that no contamination occurs. You will also notice that the Cardiologist and his assistant will be wearing sterile gowns and gloves.

You will be awake throughout the procedure. No general anaesthetic is required, although sedation can sometimes be offered to anxious patients. The vast majority of patients experience no or very little discomfort. If you experience pain, please let the Cardiologist know and you will be given adequate pain relief.

Coronary Angioplasty is performed inside the Cardiac Catheter laboratory (Cathlab) under local anaesthesia, via either the wrist or groin artery, in the same way as Diagnostic Coronary Angiography. A short sheath tube is inserted inside the access point artery (wrist or groin), through which a longer catheter tube is advanced inside the artery all the way to the heart. Under X-ray guidance,

A local anaesthetic will be injected in your wrist or groin area, which will sting slightly for a few seconds. Then a short thin tube (sheath) will be inserted via either the wrist or groin artery, through which another long thin tube (cardiac catheter) will be advanced all the way up the artery to the heart under X-ray guidance. The tip of the catheter is then positioned inside the origin of the coronary artery being treated. A fine wire is inserted through the catheter into the coronary artery, past the narrowed segment. Sliding over this fine wire, a small balloon is positioned across



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the narrowed segment and then inflated to dilate the narrowing. The balloon is then removed and a stent is advanced over the wire and stretched by another balloon to support the interior of the coronary artery where the narrowing was. The balloon is then deflated and removed, together with the fine wire and the catheter, while the stent remains in situ, thus maintaining the patency of and flow restoration with the stented coronary artery.

After the stents have been implanted, the cardiac catheter and sheath will be removed. If the wrist artery was used then a special pressure band will be applied around your wrist for about **2 to 4** hours to ensure that the puncture site has healed well. If the groin artery was used, then the artery will be sealed either with a special closure device or with direct manual pressure. You will then be moved out of Cathlab and transferred back to your room or to the Cardiac Care Unit if the Cardiologist has felt that you require closer monitoring after your coronary angiogram procedure.

People who undergo coronary angioplasty will be kept in the hospital overnight for monitoring and are usually discharged in the morning.

Are there any risks involved?

Coronary Angioplasty is an extremely safe procedure, particularly when performed by an experienced cardiologist of the Hadi Clinic calibre. However, as it is an invasive procedure, there are some risks but serious problems are scarcely rare. It is important to keep in mind that the vast majority of people suffer no complications, and that the procedure benefits usually far outweigh the potential risks. Please read through your consent form, which contains a list of the potentially **serious risks of the procedure, then discuss with the Cardiologist any questions or concerns that** you may have about coronary angiography.

Reducing your future risk of Coronary Artery Disease

The best ways to prevent Coronary Artery Disease from getting worse are to:

- Take your medicines as prescribed
- Stop smoking if you are a smoker
- Enjoy healthy nutrition (eat less sugary and fatty foods, and more lean meat, fresh vegetables & fruits)
- Achieve and maintain a healthy body weight
- Be physically active – take regular moderate exercise on a daily basis
- If you have high blood pressure, ensure you have it adequately treated
- If you have diabetes, ensure that your sugar levels are always within the normal range
- Maintain your psychological and social wellbeing – our Wellness Centre will provide you with information and help if required



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Further information

For more information, call our Cardiology Centre on **66 88 40 35** between **8 am** and **8 pm** (Saturday to Thursday)