

血管攝影檢查

Angiogram

An angiogram shows the blood vessels in the body. A tube called a catheter is put into a vein at the top of your leg in your groin or in your arm. It is then guided into the area to be tested. Dye is put through the catheter. X-rays are taken as the dye pumps through the blood vessels. This test checks the blood flow in your body.

An angiogram is also called a peripheral angioplasty or balloon angioplasty. An angioplasty may be done with an angiogram if you have narrowed blood vessels. With this procedure, a balloon on the end of the catheter will be used to open up the blood vessel to improve blood flow. A small tube-like device called a stent may be placed in the blood vessel to keep the blood vessel open.

An adult family member or friend will need to take you home after the test. It is not safe for you to drive or leave alone. Your family is to wait during the test.

Arrive on time for your test. The test takes about 1 to 2 hours. Plan to be here about 4 hours to be checked after the test.

To Prepare

- Talk to your doctor about your medicines before this test. Ask about other tests you may need.
- Do not eat food after midnight before the test.
- Ask your doctor if you should take your medicines the morning of the test. If so, take with sips of water only.
- Tell your doctor if you have allergies to dye or iodine, shellfish or latex.

血管造影檢查可顯示人體內血管的情形。做此檢查時，將一根稱為導管的管狀物經由大腿根部的腹股溝處或手臂的靜脈血管，導送至將要測試的部位。將顯影劑放入導管。然後，使用顯影劑泵，將顯影劑經由導管打入血管，同時拍攝 X 光攝影片。血管造影可檢測體內的血液流動情形。

血管造影術也稱為外周血管成形術或球囊血管成形術。若血管變窄，則可在進行血管造影檢查時附帶進行血管成形術。進行血管成形術時，將用導管端部的一個球囊來撐開血管，以改善血液流動。可在血管內放置一個稱為支架的小型管狀裝置，永久性撐開血管。

檢查後須由成年的家人或朋友帶您回家。開車或獨自回家是不安全的。檢查期間，應有家人在一旁等候。

準時前來檢查。 檢查大約需要 1 至 2 小時的時間。因術後須留置接受觀察，因此須預留大約 4 小時的時間。

檢查前的準備

- 檢查前向醫生說明自己所服用的藥物，並詢問可能需要的其他檢查。
- 檢查前一天的午夜後不要進食。
- 向醫生諮詢檢查當天上午是否應服藥。如須服用，僅可用極少量水送服。
- 若對顯影劑或碘、貝殼類海鮮或乳膠過敏，須向醫生說明。

- Tell your doctor if you are pregnant or think you may be pregnant.

During the Test

- You may wear hearing aids, dentures and glasses. Jewelry and watches will need to be taken off. Leave valuables at home.
- You will wear a hospital gown.
- An IV (intravenous) is put into a vein in your arm. Medicines to help you relax and fluids are given through your IV.
- The lights in the room may be turned down and the room may seem cool. You will be awake, so you can tell the staff how you feel.
- Small pads are put on your chest to check your heart. For men, chest hair may need to be clipped.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- The catheter site, either your groin or your arm, is cleaned. The hair in the groin area will be clipped if needed.
- The doctor numbs your catheter site. This may sting for a few seconds. After this, you should only feel pressure and no pain. **Tell the staff if you have any pain during the test.**
- The catheter is put into a large blood vessel and then moved into the area to be tested.
- Dye is injected. You may feel hot or flushed for a few seconds.
- X-rays are taken as the dye moves through your blood vessels. You may be asked to hold your breath at times.

- 若已懷孕或認為自己可能已懷孕，須向醫生說明。

檢查過程中

- 可以戴助聽器、假牙和眼鏡。不能戴珠寶首飾和手錶。貴重物品要留在家中。
- 穿醫院發給的罩衣。
- 在手臂上安放 IV（靜脈輸液管），並經由輸液管向靜脈送入幫助放鬆的藥物和其他液體。
- 可能會減少檢查室內的照明亮度，而且檢查室可能會有涼意。此時，您是醒著的，因此可以將自己的感覺告訴醫護人員。
- 在胸部放很小的電極片，用於監測心率。男性可能須剔去胸毛。
- 戴上血壓計臂帶。在檢查過程中，會經常檢測您的血壓和心率。
- 清潔導管置入部位（腹股溝或手臂上）。必要時，須剔去腹股溝部位的體毛。
- 醫生對導管置入部位進行麻醉。可能會有持續幾秒鐘的刺痛感。麻醉後，麻醉部位應該僅能有壓力感，但沒有痛感。**檢查過程中如有任何痛感，請告訴醫護人員。**
- 導管置入大血管，然後運移至測試部位。
- 注射顯影劑。可能會有持續幾秒鐘的灼熱或潮熱感。
- 顯影劑在流經血管內時，拍攝 X 光照片。可能會不時要求您屏住呼吸。

- If you have narrowed blood vessels, the balloon area of the catheter is moved to the narrowed area of the blood vessel. The balloon is inflated to push open the narrowed blood vessel. You may feel some chest pressure, but the pressure should ease quickly. **Tell the staff how you are feeling.**
- A stent may be placed to keep the blood vessel open.
- Dye may be given again to see how much of the blood vessel has been opened.
- When the test is done, the catheter is removed.
- Pressure is put on the site for 10 to 20 minutes, so it does not bleed. A stitch or plug may be used to close the catheter site. A clamp is put on for about 1 hour to stop bleeding. A band-aid or dressing is put on the site.

After the Test

- You will be taken to another bed. You will rest for about 4 hours.
- Keep the leg or arm straight where the catheter was placed to prevent bleeding.
- Your site, pulse and blood pressure will be checked often.
- Tell your nurse **right away** if the site swells or bleeds, or if you feel pain, numbness or tingling in your leg or arm.
- You can eat and drink.
- It is not safe for you to drive or leave alone. An adult family member or friend will need to take you home.
- Test results are sent to your doctor. Your doctor will share the results with you.

- 如果有血管變窄的情形，則將導管端部的球囊置入血管的變窄部位，然後對球囊充氣，撐開變窄的部位。可能會有一些胸悶的感覺，但是此感覺應該會很快消失。將自己的感受告訴醫護人員。
- 可能會放置支架，以永久性撐開血管。
- 為了確定血管的撐開度，可能會再次注射顯影劑。
- 檢查結束後，拿掉導管。
- 壓住導管置入部位 10 至 20 分鐘，進行壓迫止血。可能用縫合或使用止血塞來封閉導管置入部位。為了止血，使用止血鉗約 1 小時。然後，包紮導管置入部位。

檢查後

- 將換一張床，讓您休息約 4 小時。
- 導管置入所在的腿或手臂保持伸直，以防出血。
- 會有人定期檢查導管置入部位、脈搏和血壓。
- 如果導管置入部位腫起或流血，或腿或手臂感到疼痛、麻木或刺痛，要**立即**告訴護士。
- 檢查後可以進食和飲水。
- 檢查後開車或獨自回家是不安全的。須由成年的家人或朋友帶您回家。
- 檢查結果會送交主治醫生。主治醫生會轉告您。

Your Care at Home

Today

- Rest at home for 24 hours.
- Limit stair climbing.
- Drink 8 cups or 2 liters of liquids (non-alcoholic) to flush the dye out of your kidneys.
- Eat your normal diet.
- Remove the pressure bandage at bedtime and put on a clean band-aid.
- Keep the site dry. Do not shower or bathe.
- Look at the site for bruising or a lump.

Other Care

- Do not take a tub bath for 1 week after the test. You can take a shower. Do not scrub the site.
- Do not take the medicine Glucophage (metformin) for 2 days after the test.
- Do not drive for 2 to 3 days.
- Do not exercise, run or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.
- Check the site for bruising or a lump.

Call your doctor right away if you have:

- Bleeding at the site that will not stop
- Swelling, redness, more bruising or tenderness at the site
- Drainage or warmth at the site
- Coldness or paleness of the leg or arm
- Problems moving your toes or fingers

居家護理

檢查後當天

- 在家休息 24 小時。
- 儘量不要爬樓梯。
- 飲 8 杯或 2 公升液體（不含酒精），讓顯影劑排出腎臟。
- 正常進食。
- 上床休息時，拆去壓力繃帶，換上乾淨的膠帶式繃帶。
- 保持導管置入部位乾燥。切勿淋浴或盆浴。
- 查看導管置入部位是否有瘀傷或腫塊。

其他注意事項

- 檢查後一週內切勿盆浴。可以淋浴。不要搓洗導管置入部位。
- 檢查後 2 天內切勿服用 Glucophage（甲福明）。
- 檢查後 2 至 3 天內切勿開車。
- 檢查後 3 天內，切勿鍛煉身體、跑步或提舉超過 10 磅（4.5 公斤）的重物。
- 留意導管置入部位是否有瘀傷或腫塊。

如發生下列情形，立即打電話給醫生：

- 導管置入部位流血不止
- 導管置入部位腫脹、紅腫、瘀傷增加或觸痛
- 導管置入部位有液體滲出或發熱
- 腿或手臂冰冷或顏色蒼白
- 腳趾或手指活動困難

- Sharp pain or stinging at the site
- Fever or chills
- Numbness or weakness
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

Talk to your doctor or nurse if you have any questions or concerns.

- 導管置入部位劇痛或刺痛
- 發燒或畏寒
- 麻木或體弱
- 意識模糊或遲鈍

如導管置入部位流血不止或腫塊越來越大，**請平躺、用力壓住導管置入部位並致電 911。**

如有任何疑問或疑慮，請向醫生或護士提出。