

做血管造影术/静脉造影术后

需要注意的事项

本讲义解说了做血管造影和静脉造影的目的。它介绍了治疗前、治疗中和治疗后的注意事项。



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字版本

什么是血管造影/静脉造影?

血管造影或静脉造影是用 X 光拍摄血管内部的照片。在此过程中，我们会将一根导管（一根小塑料管）插入动脉或静脉（血管），然后拍摄 X 光片。通过这项检查，医生可以看到血管是否有狭窄、渗漏、过大或堵塞。之后，医疗提供者将决定最适合的治疗方案。

它是如何进行的?

该手术由介入放射科医生、医生或专门从事 X 线图像引导手术的高级实践提供者来执行。

- 我们将经患者的皮肤注射局部的麻醉剂（麻醉药）。它会刺痛 5 到 10 秒。然后该区域会麻木，就不会有疼痛感。
- 医生会在患者的腹股沟、手臂、手腕或颈部做一个非常小的切口（长度小于 1/4 英寸）。
- 医生会将导管插入血管中。并注射造影剂，它可以帮助身体部位在 X 光图像上显示的更清晰。
- 然后，我们将拍摄血管的 X 光图像。

血管造影/静脉造影可能有那些风险?

可能会有风险

- 对造影剂过敏，可能导致荨麻疹、血压下降、皮肤肿胀或昏迷。
- 如局部麻醉剂没有完全麻痹患处，和/或对局部麻醉剂中使用的药物产生过敏反应，会有轻微不适。
- 造影剂导致肾脏问题恶化。
- 在导管周围形成的凝块，阻塞血管。
- 放置导管时损伤了入路血管，导致出血或该部位血流受阻。
- 需要再做手术以纠正此造影术造成的损伤。
- 穿刺部位感染。

手术后我应该期待什么？

我们将在造影服务部门做短暂的密切关注。

- 计划在恢复室停留 2-6 小时。
- 大多数患者会去医院内的短期住院病房，除非患者的转诊医生制定了其他计划。
- 应该可以进食、饮水和服用常归的药物。
- 家人或带患者回家的人可以在这里陪同。
- 如果需要进一步治疗，可能需要留院过夜。
- 在离开之前，护士会给患者一份书面护理的说明，以便回家后遵照执行。
- 确保患者知道何时回来复诊。
- 可能会有轻微的不适。

24 小时内

如患者植入式输液端口移除时接受了镇静剂，使患者昏昏欲睡的药物将在体内停留数小时。这可能会影响患者的判断力。因此、在 24 小时内：

- 且勿驾车。
- 切勿使用机械或电动工具。
- 切勿饮酒。
- 不要服用镇静剂或安眠药等药物，除非医生开了这些药。

可能会头晕或目眩。我们强烈建议只做轻微的活动，并充分休息。应该有人陪患者过夜。

48 到 72 小时

手术后 48 小时内只能做适度的活动。这将有助于穿刺部位的愈合。**不要做任何剧烈的工作、提重物或运动。**

伤口的护理

- 24 小时内保持导管放置部位清洁干燥。
- 24 小时后可以洗澡或淋浴，除非医生或护士嘱咐不可。
- 沐浴后，用干净、干燥的毛巾拍干该部位。
- 切勿在穿刺位涂抹任何乳液、乳霜、软膏或爽身粉。
- 可能需要用创可贴覆盖穿刺部位，直到它愈合。如使用创可贴，请每天更换。在接下来的几天里，请检查穿刺部位是否出现以下的症状。
- 穿刺部位几天内出现一些不适或瘀伤是正常的。

何时需要与护士联系

如出现以下情况，请立即致电与我们联系：

- 轻度发烧、疼痛、头晕或穿刺部位发红、肿胀。
- 轻度呼吸急促、胸闷或胸痛。
- 任何其他非紧急问题或顾虑。

如有以下情况，请拨打 911 并前往最近的急诊室：

- 严重出血或轻度出血、但轻轻按压约 15 分钟后出血仍未停止
- 伤口流液
- 发热高于摄氏 38.3° C（华氏 101° F）或发冷
- 呼吸急促或急促加剧
- 新出现的胸部疼痛
- 头晕
- 呕吐

顾虑时的联系电话

华大医学中心和西北医院

工作日上午 8 点至下午 4:30., 请致电介入放射科：

- 蒙特湖院区: 206.598.6209, 接通后请按 2
- 西北医院: 206.598.6209, 接通后请按 3

海景医疗中心: 工作日上午 8 点至下午 4:30., 请致电介入放射科
206.744.2857.

周末及假日: 请致电 206.598.6190 请接线生传呼当值的介入放射科住院医师。

您有疑问吗？

我们很重视您的提问。当您有疑问或顾虑时；请与您的医生或医护提供者。

华大蒙特湖院区—
206.598.6209, 接通后请
按 2

华大西北医院—
206.598.6209, 接通
后请按 3

海景医疗中心：
206.744.2857

周末及假日: 请致电
206.598.6190 请接线生传呼
当值的介入放射科住院医
生。

After Your Angiogram / Venogram

What to expect

This handout explains the purpose of angiogram and venogram. It describes what you can expect before, during, and after treatment.



Scan for a digital copy of this handout.

What is angiography/venography?

An angiogram or venogram is an X-ray picture of the inside of your blood vessels. During this procedure we place a *catheter* (a small plastic tube) into your *artery* or *vein* (blood vessels), and X-rays are taken. This procedure allows your doctor to see if your blood vessels are narrow, leaking, too large, or blocked. After this your healthcare provider will decide on the best treatment for you.

How is it done?

This procedure is done by an *interventional radiologist*, a doctor or advanced practice provider who specializes in procedures that are guided by X-ray images.

- We will put *anesthetic* (numbing medicine) on your skin. It will sting for 5 to 10 seconds. Then the area will be numb and you will not feel pain.
- Your doctor will make a very small incision (less than ¼ inch long) in your groin, arm, wrist, or neck.
- Your doctor will insert a catheter into your blood vessels. Then they will inject *contrast*, which is a substance that helps your body parts show up more clearly on the MRI.
- We will then take X-ray images of your blood vessels.

What are possible risks of an angiogram/venogram?

You may have:

- An allergic reaction to the contrast, which may cause hives, a drop in blood pressure, swelling of the skin, or unconsciousness.
- Minor discomfort if the local anesthetic does not completely numb the area and/or an allergic reaction to the drug used in the local anesthetic.
- A kidney problem that is made worse by the contrast.
- A clot that forms around the catheter and blocks your blood vessel.
- An injury to the access vessel from placement of the catheter, causing bleeding or a blockage of blood flow to the leg.
- Surgery to correct damage caused by the procedure.
- An infection from the puncture site.

What should I expect after my procedure?

- We will watch you closely for a short time in the Imaging Services department.
- Plan to stay for 2-6 hours for monitoring.
- Most patients then go to a short-stay unit within the hospital unless your referring doctor has made other plans.
- You should be able to eat, drink, and take your normal medicines.
- Your family member or driver may go with you to this area.
- If further treatment is needed, you may need to stay overnight.
- Before you leave, a nurse will give you a written plan to follow when you are home.
- Make sure you know when to come back for a follow-up visit.
- You may have minor discomfort.

For 24 Hours

You may have been given medicine to make you sleepy during the procedure. This will stay in your body for several hours. It could affect your judgment. Because of this, until the day after your procedure, or for 24 hours:

- Do not drive a car.
- Do not use machinery or power tools.
- Do not drink alcohol.
- Do not take medicines such as tranquilizers or sleeping pills unless your doctor prescribed them.

You may be lightheaded or feel dizzy. We strongly advise you to do only light activities and get plenty of rest. Someone should stay with you overnight.

For 48 to 72 Hours

Do only moderate activities for 48 hours after your procedure. This will allow your puncture sites to heal. **Do not do any strenuous work, heavy lifting, or exercise.**

Wound Care

- Keep the site where the catheter was placed clean and dry for 24 hours.
- You may bathe or shower after 24 hours unless your doctor or nurse tells you not to.
- Use a clean, dry towel to pat the site dry after bathing.
- Do not apply any lotions, creams, ointments, or powders to the site.
- You may want to cover the puncture site with a Band-Aid until it is healed. If you use a Band-Aid, change it daily. For the next few days, check the site for any of the symptoms listed below.
- It is normal to have some discomfort or bruising at the puncture site for several days.

When to Call

Call us right away if you have:

- Mild fever, pain, redness, swelling at the puncture site or dizziness
- Mild shortness of breath, chest tightness or chest pain
- Any other non-urgent questions or concerns

Call 911 and go to the nearest emergency department if you have:

- Severe bleeding or any bleeding that does not stop after you have applied gentle pressure for about 15 minutes
- Drainage from your incision
- Fever higher than 101°F (38.3°C) or chills
- Shortness of breath that is getting worse
- New chest pain
- Dizziness
- Vomiting

Who to Call

University of Washington Medical Center and Northwest Hospital

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department:

- Montlake: 206.598.6209, option 2
- Northwest: 206.598.6209, option 3

Harborview Medical Center

Weekdays from 8 a.m. to 4:30 p.m., call the Interventional Radiology Department at 206-744-2857.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC – Montlake:
206.598.6209, option 2

UWMC – Northwest:
206.598.6209, option 3

Harborview Medical Center:
206.744.2857

After hours and on weekends and holidays:
Call 206.598.6190 and ask to page the Interventional Radiology resident on call.