

## Centre for Interventional Radiology and Oncology (CiRO)

The new Centre for Interventional Radiology and Oncology (CiRO) at St. Joseph's Healthcare Hamilton's Charlton Campus provides minimally invasive image guided treatment or procedures that offer less risk, image guided treatment or procedures, less pain and less recovery time compared to open surgery.

CiRO at St. Joseph's Healthcare Hamilton delivers high quality, innovative, patient focused clinical services supported by an active research environment.

### What Is An Angioplasty with Vascular Stenting?

Angioplasty and Vascular stenting are minimally invasive procedures performed to improve blood flow in the body's arteries.

Local anesthetic is injected into the skin in the groin area, over the hip to numb the area. A long thin plastic tube called a catheter with a balloon on the end of it is inserted into the artery, where the vessel is narrow. The balloon is inflated to open up the vessel. This may cause pressure, pain or discomfort. Stenting may be required after angioplasty and is performed at the same time. with the angioplasty. A small wire mesh tube is permanently placed in the newly open artery to help it stay open.

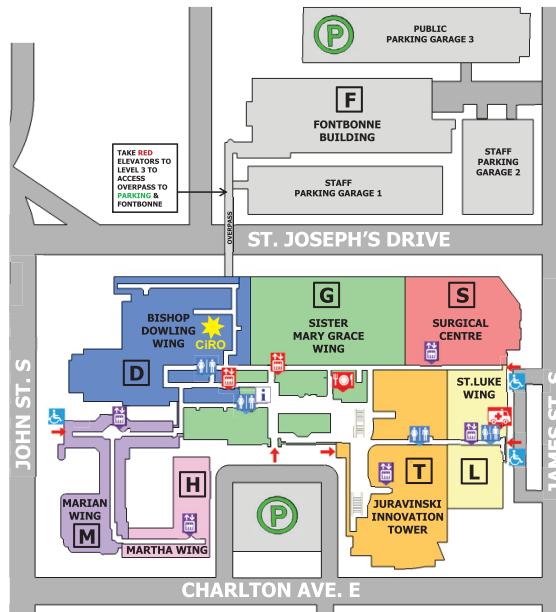
#### Questions?

We encourage you to ask questions to your health care team at any time. Please find our contact information below to connect with us.

#### Contact

CiRO 905-522-1155 Extension: 35387

#### Maps and directions



The Centre for Interventional Radiology

and Oncology is located at:

St. Joseph's Healthcare Hamilton's  
Charlton Campus  
Bishop Dowling, Level 1, D154  
50 Charlton Avenue East  
Hamilton, Ontario L8N 4A6

**St. Joseph's**  
Healthcare  Hamilton

[www.stjoes.ca](http://www.stjoes.ca)

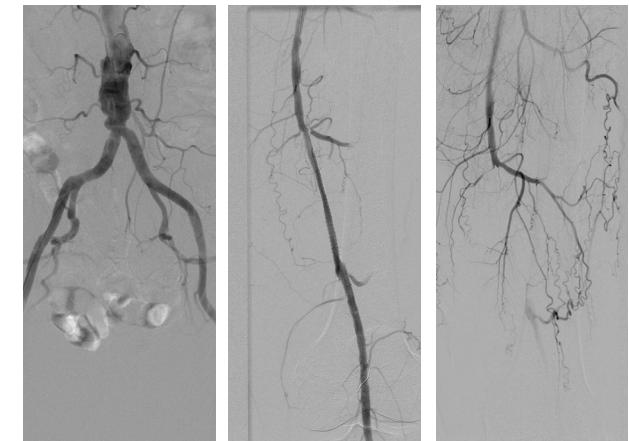
## Centre for Interventional Radiology and Oncology

### (CiRO)

### Department of

### Diagnostic Imaging

#### Angioplasty with Vascular Stenting



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## How This Procedure Helps

You have narrowed blood vessel that is affecting normal blood flow through the arteries and veins affecting blood flow through the arteries. Balloon angioplasty and stenting improves angioplasty and vascular stenting improves the blood flow.

Narrowed blood vessels are caused by atherosclerosis or hardening of the arteries. Peripheral Vascular Disease (PWD) can cause narrowing of the blood vessels of the arms and legs.

## Your Care Team

The angioplasty/stenting will be done in the in the angio suite in the Centre for Interventional Radiology and Oncology by a specially trained doctor called an interventional radiologist. Our team consists of doctors, nurses and medical radiation technologists.

## How To Prepare For An Angioplasty With Vascular Stenting

- Do not have anything to eat or drink 6 hours before your test
- Please take all of your medication except blood thinners, with a small sip of water, especially heart and blood pressure pills
- Please let your doctor know if you've had a previous allergic reaction to x-ray dye
- Your doctor may order a medication for you to take prior to the procedure
- If you're a diabetic, follow your normal routine

## When You Arrive

- When you arrive please check in at CiRO reception
- You will be brought to the waiting room where a nurse will meet with you and get you ready for the procedure
- An intravenous will be placed into your arm
- You will be asked about your medication history and list of current medications
- You will be required to change into a hospital gown for this procedure
- Your interventional radiologist will explain the procedure and answer any questions
- If you agree to the test, you will be asked to sign a consent form
- Angioplasty with vascular stenting can take anywhere from 1 to 2 hours

## After Your Procedure

After your procedure you will be taken back to the CiRO recovery area where you will rest quietly in bed for 4 hours. Your vitals will be monitored frequently. Once this period is over you will be discharged home. You must have a responsible adult accompany you home. You will not be allowed to drive for 24 hours following the procedure.

## After Care Instructions

- When you go home, rest in bed until the following morning - you may get up to use the washroom
- Do not exercise for the next 2 days
- Remove the bandage covering the puncture site after 24 hours. You may have a bruise or small lump at the site that will disappear in a few days
- You may have a shower after the bandage is removed
- You may resume your usual diet
- Follow your doctor's instructions about a follow-up visit and further treatment
- Go to the nearest hospital emergency department if your leg becomes painful, cold or discoloured
- If the puncture site bleeds, lie down and press firmly on the puncture site until the bleeding stops or until you reach the nearest emergency department

## What Are The Risks/ Complications Angioplasty And Vascular Stenting?

Complications are unusual and usually minor. Possible risks/complications of having an angiogram are bleeding, infection, damage to the blood vessel and allergic reaction to the x-ray dye. Every precaution is taken to prevent these from happening. On rare occasions, severe complications may require an operation to repair any damage caused to the blood vessels.