

Baadhitaanka Xididada Wadnaha (Angiogram)

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.

Angiogram waxay muujisaa xididada dhiigga ee jidhka ku jira. Dhuun loo yaqaanno katiitar ayaa la geliyaa xidid ku yaalla meesha ugu sarraysa lugtaada ee bisqinleyda ama gacantaada. Waxa markaas lagu haggaa aagga si loo baadho. Dheeh ayaa lagu shubayaa katiitarka. Raajooyin ayaa la iska qaadayaa inta dheehu ku shubmayo xididada dhiigga. Imtixaankan waxa lagu hubiyaa socodka dhiigga ee jidhkaaga.

Baadhitaanka angiogram waxa kale oo loo yaqaan peripheral angioplasty ama balloon angioplasty. Angioplasty waa la raacin karaa angiogram haddii leedahay aad xidido cidhiidhi noqday. Camaliyadan, buufin ku taal xaga danbe ee katitirka ayaa la adeegsadaa si uu u furo xididka dhiigga oo uu u hagaajiyo xididada dhiigga. Walax tuunbo u eg oo loo yaqaan stent ayaa laga yaabaa in la geliyo xididka si uu u furnaado.

Xubin qoyska ka tirsan oo qaan-gaar ah ama saaxiib ayaa laga doonayaa iney guriga kuu kexeeyaan baaritaanka ka dib. Ammaan kuuma ahan inaad baabuur waddo ama aad keligaa tagto. Qoyskaagu waa iney ku sugaan waqtiga baaritaanku socdo.

Baaritaanka waqtiga ku imow. Baaritaanku wuxuu qaadanaayaa 1 illaa 2 saacadood. Qorsheyso in aad halkaan joogeysid ilaa 4 saacadood si lagu hubiyo baaritaanka ka dib.

Si aad isugu Diyaarisid

- Kala hadal dhakhtarkaaga dawooyinkaaga kahor imtixaanka. Weydii baadhitaannada kale ee laga yaabo inaad u baahato.
- Cunto ha cunin wixii ka danbeeya saqda dhexe habeenkii baaritaanka ka hor.

- 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.
- Tell your doctor if you are pregnant or think you may be pregnant.
- Dhakhtarkaaga weydii haddii ay tahay inaad qaadatid daawooyinkaaga subaxda ka horreysa iyo subaxda baaritaanka. Haddii ay sidaas tahay, ku qaado kabbashooyin biyo ah oo keliya.
- Dhakhtarkaaga u sheeg haddii aad xajin ka qaadaysid dheeha ama aayodhiinta ama kalluunka qolofa leh ama cinjirka.
- Dhakhtarkaaga u sheeg haddii aad uur leedahay ama u malaynayso inaad uur leedahay.

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.

Baaritaanka

- Waxaad xidhan kartaa qalabka maqalka gargaara, ilko-beena, okiyaale. Dahabka iyo saacadaha waa in la saaro. Wixii qiimo leh kaga imow gurigaaga.
- Waxaad xidhan doontaa marada ama toobka isbitaalka.
- IV (xididgale) ayaa lagaa gelin doonaa xididka gacanta. Dawada gargaarta dabacsanaanta iyo dheecaan ayaa lagaa siin doonaa xididgalaha.
- Nalka qolka waxa laga yaabaa in la dammiyo oo qolku qaboobaado. Waad soojeedaysaa, markaas waad u sheegi kartaa sida aad dareemayso.
- Gaballo yar-yar ayaa laabta lagaaga dhejin doonaa si loo hubiyo garaaca wadnahaaga. Ragga, timaha xabadka ayaa laga yaabaa in loo baahdo in laga jaro.
- Duubka dhiig cabbirka ayaa gacanta lagaaga xirayaa. Waxaa badanaa la hubinayaa xadka dhiiggaaga iyo garaaca wadnahaaga.
- Meesha katiitarka, bisqinleydaada ama gacanta, ayaa la nadiifinayaa. Timaha bisqinta waa la xiirayaa haddii loo baahdo

- 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.
- 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.
- Dhakhtarku wuxuu kabuubinayaa meesha katiitarka lagaa geliyey. Tan waxaa laga yaabaa in ay ku xanuujiso dhowr ilbidhiqsi. Tan ka dib, waa inaad dareentaa oo keliya cadaadis ee maahan inuu xanuun ku hayo. **U sheeg shaqaalaha haddii aad xanuun qabto muddada baadhitaanka.**
- Katiitarka ayaa gudaha xididka la gelinayaa ka dibna loo riixayaa xagga aagga la baadhayo.
- Dheeh ayaa lagu shubayaa. Waxaa laga yaabaa inaad kuleyl dareento ama casaato dhowr ilbidhiqsi.
- Raajo ayaa lagaa qaadayaa inta dheehu uu ku dhaq-dhaqaaqayo xididada dhiiggaaga. Waxaa laga yaabaa in mararka qaarkood lagu weydiiyo inaad neefta ceshato.
- Haddii aad leedahay xidido xidhiidhiya, aagga buufinta ee katitirka ayaa lagu riixayaa aagga cidhiidhi noqotay ee xididka dhiigga. Buufinta ayaa la buuxinayaa si uu u riixo oo u furo xididka cidhiidhisana. Waxa laga yaabaa inaad dareento cadaadis ku yimaad xabbadka, laakiin cadaadiskaasi si dhakhso ah ayuu u tagi. **Shaqaalaha u sheeg wixii aad dareemayso.**
- Fure (stent) ayaa la dhigi doonaa si uu xididada ugu hayo furnaan.
- Dheeh ayaa laga yaabaa in lagu siiyo mar kale si loo fiiriyo inta xididka dhiiga furan.
- Marka baaritaanka la sameeyo, katiitarka ayaa lagaa bixinayaa.
- Cadaadis ayaa la dul saarayaa meesha 10 illaa 20 daqiiqadood si markaas aysan u dhiig bixin. Tolid ama xirid ayaa laga yaabaa in la isticmaalo si loo xiro meesha katiitarka la geliyey. Birqabad ayaa lagu qabanayaa ilaa 1 saac si loo joojiyo dhiig baxa. Sharooto ama faashad ayaa meesha lagu xirayaa.

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.

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.

Baaritaanka ka Dib

- Waxaa lagu geyn doonaa sariir kale. Waxaad ku nasan doontaa ilaa 4 saacadood.
- Lugtaada ama gacanta toosi meesha katitarka la geliyey si aad uga hor-tagto dhiig bax.
- Goobta, dhiigkarka iyo garaaca dhiigga ayaa markasta la hubin doonaa.
- **Isla markiiba** u sheeg kalkaalisadaada haddii meeshu ay bararto ama dhiig baxayso, ama aad dareemeysid xanuun, kabuubyo, ama jidhidhico lugaha ama gacmaha ah.
- Wax waad cuni kartaa waadna cabbi kartaa.
- Ammaan kuuma ahan inaad baabuur waddo ama aad keligaa tagto. Xubin qoyska ka tirsan oo qaan-gaar ah ama saaxiib ayaa laga doonayaa iney guriga kuu kexeeyaan.
- Natiijooyinka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijooyinka kula socodsiin doonaa.

Daryeelkaaga Guriga

Maanta

- Guriga ku naso illaa 24 saacadood.
- Xaddid jaranjaro fuuliddaada.
- Cab 2 litir ama 8 koob oo dareere ah (aan aalkolo ahayn) si aad dheehii lagugu shubay uga soo dhaqid kelyahaaga.
- Cun cunto caadi ah.
- Iska saar faashada kugu cadaadisan waqtiga aad seexanayso oo sharooto nadiif ahna ku beddelo.
- Meesha lagaa muday ha engegnaato. Biyo ha isku shubin ama ha qubeysan.
- Eeg meesha lagaa muday iney nabar leedahay ama barartay.

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
- 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.**

Daryeel Kale

- Qubeys fadhi ah ha ku qubeysan ilaa 1 toddobaad baaritaanka ka dib. Qubeyska ah istaag waad ku qubeysan kartaa. Meesha ha xoqin.
- Ha qaadanin daawada Glucophage (metformin) ilaa 2 maalmood baaritaanka ka dib.
- Baabuur ha wadin ilaa 2 illaa 3 maalmood.
- Jir-dhis ha sameynin, ha ordin, ama waxyaabo ka culus 4.5 kiilo ama 10 rodol ha qaadin ilaa 3 maalmood baaritaanka ka dib.
- Hubii meeshu in ay nabar ama barar yeelatay.

Isla markiiba dhakhtarkaaga wac haddii aad qabtid:

- Dhiig bax meesha ka imaanaya oo aan joogsaneynin
- Barar, guduudasho, nabar ama jileecid meesha ah
- Dheecaan ka imaanaya ama diirraan meesha ah
- Qaboobid ama midab-beelidda lugta ama gacanta
- Dhaq-dhaqaajinta faraha cagaha ama faraha gacmaha oo ku dhiba
- Xanuun qoto dheer ama xanuun lur leh oo meesha ah
- Qandho ama qar-qaryo
- Kabuubyo ama daciiftinnimo
- Jahawareer ama aadan digtoonihayn

Haddii aad dhiig baxaysid oo aanuu joogsaneynin ama barar sii weynaanaaya oo meesha ah, **si fidsan u jifso oo cadaadis saar meesha ka dibna wac 911.**

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

U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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Angiogram. Somali.