

# Texas Children's Hospital

## *Caring for Your Child's Health*

### Angiogram or Arteriogram

Patients must arrive an hour and a half before the procedure to check in at the Radiology waiting area. This is on the first floor, in the **West Tower at Main Campus** or second floor at **West Campus**. Call 832-824-5565 (Main Campus) or 832-227-1207 (West Campus) with any questions. Call our scheduling department if you need to reschedule your appointment.

Children having an angiogram will need medicine to make them drowsy. Prepare your child by following the guidelines for eating and drinking.

**Procedure:** Angiogram is a minimally invasive procedure that uses a special contrast solution (dye) and imaging technology to map the arteries in a part of your child's body.

#### **When is an angiogram needed?**

Angiograms are used to investigate conditions, such as stroke, tumors, bleeding, vascular malformations and high blood pressure.

#### **Getting ready for the procedure**

##### **Guidelines for eating and drinking**

Up to eight hours before the procedure, your child may have: Any type of food

Up until six hours before the procedure, your child may have these items:

- A light meal
- Milk-skim milk
- Infant formula
- Clear liquids

A light meal generally consists of toast or plain crackers and fruit juice, without the pulp. Clear liquids include water, oral electrolyte solution, apple juice, gelatin and carbonated lemon and lime beverages. Please do not give your child any drinks that contain caffeine, such as cola drinks.

Up until four hours before the test, your child may have these items:

- Breast milk
- Clear liquids

Up until two hours before the procedure, your child may have these items:

- Water or Pedialyte
- Apple Juice
- Gatorade

All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medicine.

#### **Helpful hints**

Let your child choose something to bring. Holding a favorite toy or blanket sometimes helps a young child to sleep. Using an ipad/pod often helps an older child. Please remove any nail polish before coming. It's best to leave other children at home.

#### **Talking with your child**

Children are less anxious and cooperate better when they know what to expect. Talk with your child about what he or she will see, hear, and feel before and after the procedure.

Ask your child questions to be sure that he or she understands what you have said. Let your child ask questions. Don't be afraid to answer the questions honestly. Most important, reassure your child that he or she will not be alone.

#### **What your child can expect during the procedure**

All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is

called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medication.

A staff person from the hospital will call you a few days before the procedure with preparation instructions that will include dietary restriction necessary for sedation or anesthesia. It is very important that you follow all of these instructions, or the procedure may need to be rescheduled.

## Before the procedure

Your child will put on a hospital gown. The nurse will weigh your child and take his or her blood pressure and temperature. Heart monitor patches are applied to his or her chest. A pulse oximeter will be taped onto your child's finger. The pulse oximeter looks a lot like a bandaid. It uses a red light to check how well your child is breathing. It is painless. The nurse starts an IV for the sedative medicine. After the interventional radiologist explains what will happen, you will sign a consent for the procedure.

## During the procedure

- The radiology technologist will clean your child's groin with a special soap that helps prevent infection.
- Through a tiny incision, the interventional radiologist (IR) will insert a small needle into the appropriate blood vessel, usually at the crease of the hip. This will provide access for insertion of a long, thin tube (the catheter) into the vessel.
- Under x-ray guidance, the interventional radiologist (IR) will guide the catheter to the blood vessel being studied, and then will inject a special contrast solution through the catheter so that she can see your child's blood vessels more clearly.
- When the angiogram is finished, the radiologist removes the catheters and applies a dressing.

## After the procedure

Your child is transferred to the recovery room, where you may join him or her. A nurse will watch your child closely, and your child will need to lie still without bending the leg during that time.

Once your child is awake, he or she can have clear liquids. Your child may be admitted for 24 hours

observation post procedure. Be sure to let the nurses know if your child has pain in the insertion site or in the abdomen.

## Finding out the results

The radiologist will speak with you after the procedure and explain the findings and results.

Activity restrictions will be given upon discharge.

## Interventional Radiology (IR)

Main Campus	West Campus
6621 Fannin Street	18200 Katy Freeway
Houston, TX 77030	Houston, TX 77094
West Tower Level 1	Second Floor, Suite WB.0215.60
832-824-5565	832-827-1207
8 a.m. to 4 p.m.	8 a.m. to 4 p.m.
Monday to Friday	Monday to Friday

## Notes and questions

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**Texas Children's  
Hospital**

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Interventional Radiology.*

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