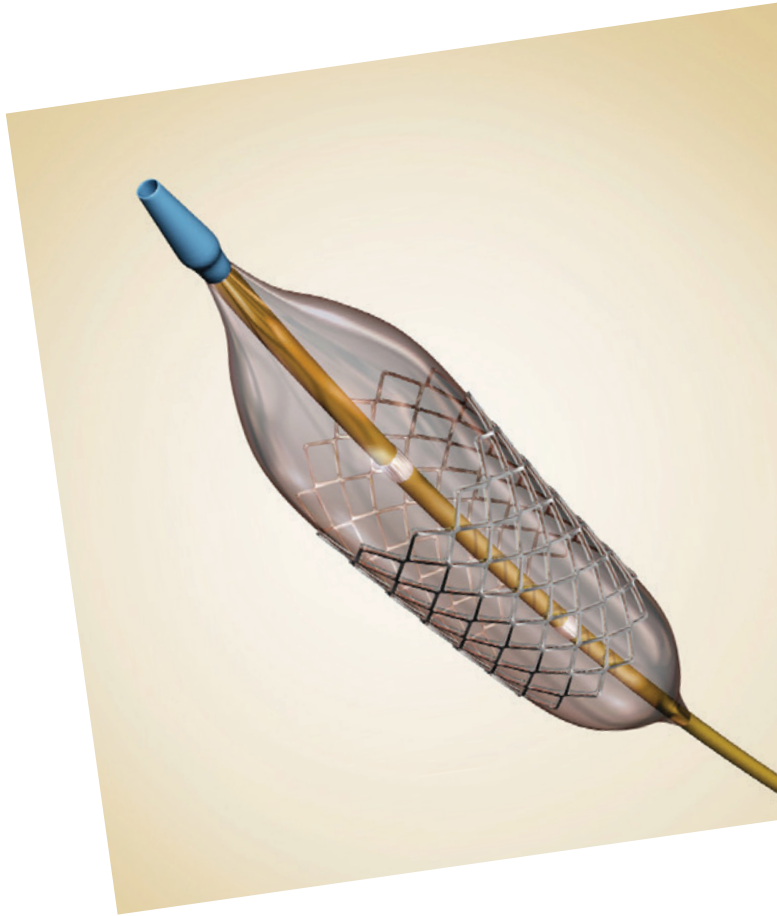


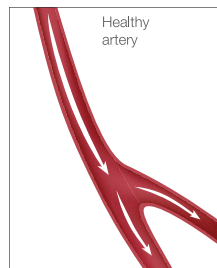
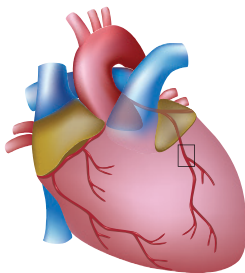
Coronary Angiography



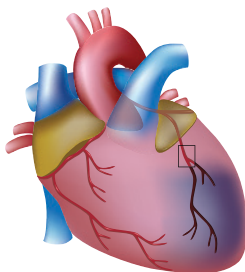
Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

Anatomy of the heart

Your heart is the hardest working muscle, working every minute to pump blood throughout your body. Like any muscle, the heart needs a constant supply of oxygen and nutrients. These reach the heart's walls via the coronary arteries. Coronary artery disease is a condition when the coronary arteries narrow and/or are blocked by plaque. This reduces blood flow to the heart and causes a heart attack.



A healthy heart



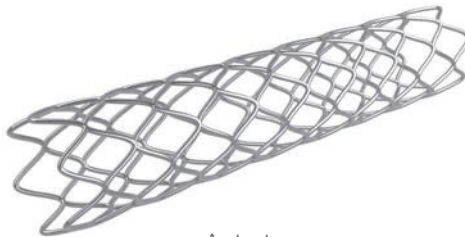
A heart attack

What is a coronary angiography?

A catheter is guided up to your heart through a small incision via the groin or wrist through a specialised X-ray. This allows the cardiologist to examine the blood vessels and the chambers of your heart and check for any narrowing or blockages in the arteries to confirm the presence of coronary artery disease. During the procedure, blood pressure within your heart and the function of your heart can be assessed.

What is an angioplasty and a stent?

An angioplasty is a procedure in which a special balloon is inserted via a catheter to open the artery at the site of the blockage. A stent is a flexible wire mesh tube that can be inserted into the artery to improve blood flow.



A stent

What is the purpose of this procedure?

A coronary angiography is used to diagnose heart disease and allows the cardiologist to determine the best treatment and option based on the degree and the number of blockages in the arteries. An angioplasty dilates the blocked or narrowing arteries while the stents improve blood flow to the heart.

Before the procedure

- Refrain from eating and drinking six to eight hours before the procedure.
- Please consult your doctor if regular medication should be taken on the day of the test.
- Consent is required for this procedure.
- The area where the catheter will be inserted may be shaved to reduce the risk of infection.
- An intravenous cannula will be inserted into a vein on your hand.
- You may need to be hospitalised after the procedure.
- Since you will not be allowed to drive yourself home after the procedure, please arrange for transportation to and from our hospital.



You are advised to come at least **15 minutes** before your appointment. Please call us in advance to reschedule if you are unable to come.

During the procedure

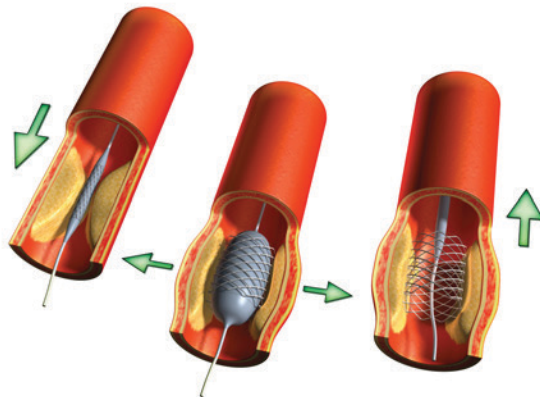
Coronary angiography

The procedure begins with a local anaesthesia injection to numb the site of insertion at the groin or wrist. After a small incision is made, a small introducing sheath is placed inside. Through this hollow tube, a catheter is threaded into your artery system. The doctor will carefully guide the catheter until it is inside the coronary artery that is blocked. X-ray dye (contrast) will be injected to allow the doctor to visualise images of the heart's arteries and/or chambers on the X-ray monitor.

Angioplasty with stent

During angioplasty, a miniature balloon is guided through the tube fed through your arteries to the site of blockage and inflated. When the balloon expands, it pushes back the plaque blocking your artery, improving the blood circulation to your heart muscle. Once the balloon is in place, it is inflated and deflated several times to improve blood flow to that area of the heart.

Depending on the location of the blockage, stents may also be used. Stents are miniature wire frames that are used after the first balloon has pushed back the blockage. Once in place, a second balloon inside the stent is inflated and the stent is pushed into place, acting as a scaffold to hold open the vessel. Stents can be very useful for keeping the plaque from re-blocking your vessel.



After the procedure

The introducing sheath that was placed in your groin or wrist may be left there for a few hours after the procedure. You will need to lie down and keep still so that the healing process can begin. When the introducing sheath is removed, a piece of tape will be placed over the insertion site to prevent bleeding. Although you will need to stay in bed, you will be able to eat and drink. You will be kept on an intravenous drip (IV), so that fluids and medication can be administered. You may be required to stay for 24 to 72 hours after the procedure.

You may feel some pain and have a bruise at the site of incision, but it will gradually subside. You must not lift heavy objects or engage in strenuous exercise for a few days. It is advisable to keep your follow-up appointment with your doctor.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

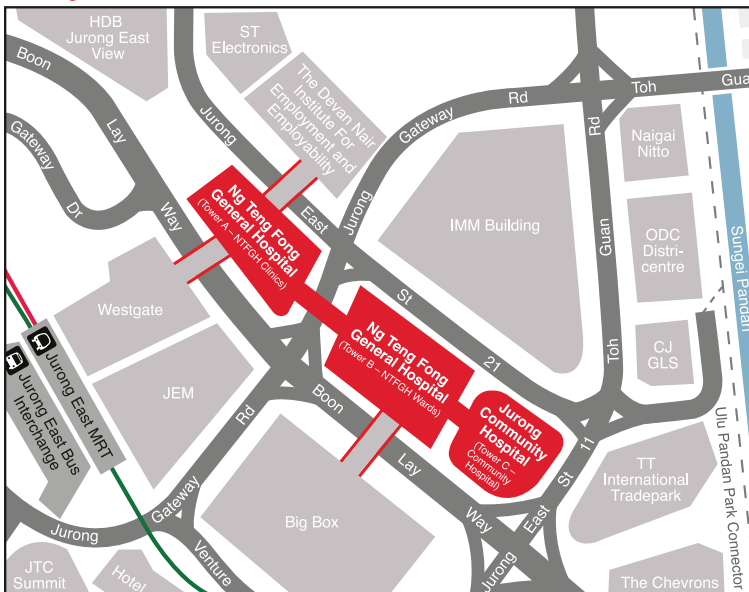
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.