



## Balloon angioplasty and stenting

### 1. What is Balloon Angioplasty and Stent Placement?

Under local anesthesia, a catheter is inserted through the femoral artery or radial artery. After passing the guide wire through the lesion, the balloon catheter enters the coronary artery stenosis through the guide wire, and then the balloon is inflated to expand the blocked artery. The diameter of blood vessels is enlarged to increase the smoothness of blood flow, thereby improving the symptoms caused by myocardial hypoxia. If balloon dilation cannot properly expand the stenosis, or because the lesion vessel is an important vessel, a vascular stent should be placed under the doctor's advice. The balloon(s) and wire(s), are eventually removed, and the stent(s) is permanently placed in the blood vessel.

### 2. Pre-operation preparation for coronary intervention

- 2.1 Take antiplatelet drugs such as aspirin, Plavix (clopidogrel), Brilinta (ticagrelor), or Efient (prasugrel) as prescribed by your doctor. If you are allergic to aspirin, contrast agents or other drugs, please inform the medical staff.
- 2.2 Undergo blood tests, chest X-rays, and electrocardiogram examinations during hospitalization.
- 2.3 Sign the consent form and ask family members to accompany the patient during cardiac catheterization.
- 2.4 Fast for at least six hours before the examination.
- 2.5 Keeping a relaxed mood will make the examination proceed smoothly.

### 3. Precautions after coronary intervention

- 3.1 After the procedure, depending on the condition, the patient may be transferred to the intensive care unit for observation.
- 3.2 If returning to the ward, please rest in bed. If necessary, electrocardiograms and blood tests will be performed. If you feel



## **Balloon angioplasty and stenting**

uncomfortable, please inform the nursing staff.

- 3.3 Pay attention to whether there is bleeding tendency in the wound, including swelling, pain, warm and wet feeling in the groin area, or lower back pain.
- 3.4 Normal diet can be resumed after the procedure. If there is no special restrictions, drinking more water can help the contrast agent be excreted.

### **4. Precautions after discharge:**

- 4.1 Take medication as prescribed by your doctor and follow-up regularly.
- 4.2 Normal activities can be resumed after the procedure, but avoid overly strenuous activities and consult a doctor if necessary.
- 4.3 Keep a regular exercise and a balanced diet.
- 4.4 Quit smoking and maintain regular daily routines.
- 4.5 Regularly measure blood pressure, blood sugar, and heart rhythm at home.
- 4.6 Pay attention to whether there are signs of inflammation such as redness, swelling, heat, and pain in the wound. If there are any, seek medical attention early.