

## **Coronary Angioplasty**

Angioplasty is a technique used to dilate an area of arterial blockage with the help of a catheter that has an inflatable small sausage-shaped balloon at its tip. Coronary Angioplasty can improve blood and oxygen flow to your heart without open-heart surgery (CABG). It is common for an expandable device, called a stent, to be inserted into your blocked artery after angioplasty. Stents can help the artery remain open for a longer time.

Your doctor's choice to perform a balloon angioplasty or insert a stent is based on the type and location of your blockage.

### **Why is it done?**

Coronary angioplasty is used to restore blood flow to the heart when the coronary arteries have become narrowed or blocked due to coronary artery disease (CAD). When medicines and lifestyle changes, such as following a healthy diet, quitting smoking, and getting more physical activity, don't improve your CAD symptoms, your doctor will talk to you about other treatment options.

Angioplasty is used as an emergency procedure during a heart attack. As plaque builds up in the coronary arteries, it can burst causing a blood clot to form on its surface. If the clot becomes large enough, it can mostly or completely block blood flow to part of the heart muscle.

Quickly opening a blockage lessens the damage to the heart during a heart attack and restores blood flow to the heart muscle. Angioplasty can quickly open the artery and is the best approach during a heart attack.

### ***What do I need to do to prepare for the test?***

You should not eat or drink anything for four hours prior to the procedure. You will be given special instructions if you are diabetic. Your groin/wrist area will be washed and shaved in preparation for the procedure. If you have had coronary angiography prior to the angioplasty, this will have been completed already.