Venogram

A venogram is a procedure performed to look at the veins using x-ray and *contrast* (dye). Contrast helps the veins show up on x-rays. A venogram evaluates vein abnormalities, identifies clots within veins and evaluates swelling in a limb.

BEFORE THE PROCEDURE

- Take only the medications as directed by your caregiver. Take the medications with a small sip of water.
- Stop eating and drinking as directed by your caregiver.
- A blood sample may be drawn.
- An *intravenous* (IV) line will be placed into a vein in your arm or leg.
- You will be asked to remove your clothing and put on a hospital gown.
- You may be asked to remove your watch and jewelry.

LET YOUR CAREGIVER KNOW ABOUT:

- All allergies, especially to medicines, shellfish, iodine and contrast.
- All medications that you are taking, including prescription and over-the-counter medicines, dietary supplements, vitamins and herbal preparations.
- Any previous complications from this or other procedures.
- Any smoking history.
- Any possibility of pregnancy.
- Any history of bleeding problems.
- Any other health problems, especially diabetes or kidney problems.

PROCEDURE

- During the exam, you will lie on an x-ray table. The table may be tilted in different directions. Safety straps will keep you secure if the table is tilted.
- Medicine may be given to help reduce pain or nervous feelings.
- If the veins to be evaluated are in your arm or leg, a band may be wrapped around that limb to make the veins stay full of blood. You may feel like your arm or leg is going to sleep.
- Contrast is injected into the vein. You may notice a hot, flushed feeling as the contrast is injected.
- You may be asked to lie in different positions or place your extremity in different positions.
- When the IV is removed, pressure will be applied to prevent bleeding. A bandage may be applied.

RISKS AND COMPLICATIONS

Risks of the procedure include:

- Blood clots.
- Kidney problems.
- Allergic reaction to the contrast.
- Bleeding.
- Infection.
- X-ray exposure.

AFTER THE PROCEDURE

- You will be checked frequently after the exam.
- You may be eat and drink.
- You will be given extra fluids to clear the contrast from your body.

HOME CARE INSTRUCTIONS

- Take all medications exactly as directed.

- Follow any prescribed diet.
- Follow instructions regarding both rest and physical activity.
- Drink more fluids for the first several days after the procedure, in order to help flush dye from your kidneys.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- There is pain, drainage, bleeding, redness, swelling, warmth or a red streak at the site of the IV.
- The extremity becomes discolored, numb or cool.
- You have difficulty breathing or shortness of breath.
- You develop chest pain.
- You have excessive dizziness or fainting.

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