



Minimally Invasive
Procedure Specialists

Venogram

WHAT YOU SHOULD KNOW:

A venogram is used to examine blood flow through your veins. Your healthcare provider will use x-rays to see the blood flow and perform procedures to improve blood flow.

Catheter Site:

- Any bleeding, swelling, pain or discoloration in the groin, arm, or leg where the catheter entered your body should be reported to the Radiology Department at Littleton Adventist Hospital at **(720) 528-0775**. Please ask to speak with the Interventional Radiologist. This may require prompt return to the Radiology Department. During the return trip, pressure may be applied to the catheter site. If bleeding is severe, please call 911.
- Keep your wound covered and dry for 48 hours. After 48 hours, you may shower. Allow the surgical glue to come off by itself - this may take 10-12 days. Do not soak the site in bath or hot tub until completely healed.
- Watch for signs of possible infection: inflammation, red streaks, and/or elevated temperature above 100.5F consistently. Contact your physician if any of these occur.

Compression:

- Wear your compression stockings (if prescribed) every day until your follow-up appointment with your physician. You do not need to wear them when you sleep.

Diet:

- Resume normal diet as tolerated with no restrictions. Encourage fluid intake.

Activity:

- Walk for 20 minutes twice a day. If you are not able to walk this much, make sure that you are walking to your ability. Intermittent elevation and walking is best for recovery.
- Resume normal activity in the morning if there are no problems, but no strenuous activity (aerobics, running, etc.) for 2-3 days. No heavy weight lifting for one week.

Intravenous Site:

- A localized irritation of the vein may occur at the site of the intravenous insertions. Warm, moist packs applied 4-6 times per day for 2 days may reduce the pain and irritation.
- Notify your physician if the area continues to be painful or becomes red and/or hot to the touch.

Special Precautions for Radiation Exposure:

- We make every effort to provide high quality exams with minimal radiation exposure. Visit www.fda.gov/radiation-emittingproducts for more information about recommended radiation limits
- With all x-ray examinations, you will receive radiation exposure. The amount of exposure depends on the length of complexity of your case.
- Once a week for the next month, examine the area on the skin where your procedure was performed. Watch the areas on the skin for reddening of the irritation (skin erythema).
- Immediately contact the physician who performed your procedure if you notice areas of visual concern or have excessive itching

If you are unable to reach your doctor's office, contact the Radiology Care Unit at **(303) 738-2734** Monday through Friday 7:00AM-5:00PM if you have questions. For afterhours urgent matters, call the Radiology Department at **(720) 528-0775** and ask for the MIPS Interventional Radiologist on call.

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