

# Information for patients and carers

## Arm Venogram

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## What is an arm venogram?

An arm venogram is a procedure that uses x-rays and a contrast agent (x-ray dye) to assess the flow of blood in your arm veins and central veins in your chest.

## Why do I need an arm venogram?

You will have been referred by your doctor, usually a vascular or renal consultant, to assess your arm veins and blood flow to your heart. Other tests, such as a Doppler ultrasound, may have already been performed. A venogram can give us more information and help in planning any future treatments.

## Can you bring a relative or friend with you?

A relative or friend can accompany you to the hospital. They will usually not be allowed into the room when you have your examination.

Please note that as we have limited seating and do not have childcare facilities, you are advised not to bring small children with you to your appointment.

## Before the scan

The procedure is performed as an outpatient. There are no special preparations so you can eat, drink and take any medication as normal.

It is important that you inform the doctor/advanced practitioner undertaking the procedure if you are allergic to any kind of medication or iodine dye. Other conditions such as asthma, kidney problems and diabetes should also be highlighted.

If you are pregnant or suspect that you may be pregnant you should notify the department.

## What happens during the procedure?

When you attend, you will report to Interventional Radiology Day Unit (IRDU), in the Main X-ray Department at Royal Preston Hospital. The doctor/advanced practitioner undertaking the procedure will discuss the procedure with you and answer any questions you may have.

If you are happy to proceed then a small cannula will be placed into the back of your hand. This will enable us to inject the x-ray dye into your veins during the procedure. You may also be asked to change into a hospital gown.



You will be taken through to the examination room and asked to lie flat on the x-ray bed.

Your arm will be supported out to the side and the x-ray machine will be positioned over you.

The doctor/advanced practitioner will then inject the x-ray dye through the cannula and take a series of images over your arm and chest.

Once all the necessary images have been taken you will be taken back to IRDU.

You will need to have a drink and wait for 30 minutes before leaving, to check that you have no reaction to the x-ray dye.

The cannula will also be removed from your hand before you leave. You will be asked to drink lots of water for the next 24-48 hours to help your body flush the x-ray dye through your system.

## Are there any risks?

This procedure has a small risk of complications.

The doctor/nurse practitioner will go through these with you in detail before the procedure:

**Infection** – There is a small risk of infection following the insertion of the cannula in the back of the hand

**Bruising** – There can occasionally be some bruising around the cannula insertion site

**Allergic Reaction** - A very small number of patients have an allergic reaction to the x-ray dye. This can be minor, severe, or even life threatening. The chances of this occurring are very rare.

Before your examination begins the doctor/advanced practitioner will ask you a series of questions about your medical history, including any allergies you may have. This will help us assess if you are at risk of an allergic reaction to the contrast agent.

**Radiation** - There are some small risks involved with the radiation received during this procedure. We use the smallest dose possible, in line with national regulations. This allows us to make an accurate diagnosis to help plan your care. Your doctor has determined that the benefits of having the arm venogram far outweigh the risk from the radiation dose you will receive.

**Kidney Function** – The x-ray dye given during the procedure can be harmful to your kidneys if they are not fully functioning. The risk of this will be discussed with you beforehand and the minimum amount of contrast will be administered to reduce the chance of any kidney damage. This is also why we will ask you to drink plenty of fluid following the procedure to flush the x-ray dye from your system.

## Your results

The images will be reviewed after your visit. You will be advised when and how you will receive your results at this time. Although the images are checked before you leave, the radiologist will need to study them thoroughly before making a report, therefore you will not receive any results on the day of the scan.

The results will be sent back to your referring doctor.

## Contact details

Should you require further advice or information please contact your referring team or you can contact us in IRDU between 8.30am and 4.30pm, Monday to Friday, on **01772 522343**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.  
This information can be made available in large print, audio, Braille and in other languages.**

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