

## Aorta Aneurysm Endovascular Repair Patient Care Guide

### **What is an aorta aneurysm?**

The aorta is the main artery leading from your heart. By means of an extensive network of branches, it supplies blood to your organs and your limbs.

As people age, it may happen that the wall of the aorta could weaken and balloon out forming an aneurysm which may rupture. This usually takes place over several years. The larger the aneurysm, the greater the risk of rupture.

For this reason, a repair of the aneurysm is done whereby the dilated portion is replaced with an artificial graft.

### **The procedure**

The procedure can be done while you are asleep or awake, the doctor will discuss this with you. A small incision will be made in each groin in order to place a covered stent into the aortic artery aneurysm. This stent will remain in place permanently to seal off the aneurysm.



### **Before the operation**

The following tests would have been performed:

- Chest x-ray
- Blood tests
- Electrocardiogram (ECG)
- Urine test
- You will be seen by the anesthetist

### **Medications**

You should continue taking your normal medications. Please consult your doctor for advice if you are taking WARFARIN or HORMONE REPLACEMENT.

### **Belongings and valuables**

Please bring your own toiletries and pyjamas. Leave any valuables at home.

### **The day before the procedure**

You will be admitted to the ward for bowel preparation. This will involve drinking fluids only and you will also be given an enema. Nothing is to be taken orally from 10 pm at night. You will also be given lung physiotherapy.

### **After the procedure**

You will spend one night in the Intensive Care Unit (ICU) where the nursing staff will check the groin incisions as well as the pulses in your feet. You may not sit up until instructed to do so.

You will urinate often to get rid of the x-ray dye that was injected into your arteries. You will be instructed to drink more fluids to get rid of the dye more easily.

Before you leave the hospital, your doctor will instruct you about the pharmaceutical therapy and activity levels following the procedure. It is very important to regularly check the condition of your aorta and your doctor will schedule those check-ups with you.

### **Diet and fluids**

You will be able to eat and drink shortly after the procedure.

### **Activity**

You will be resting in bed for one day. On day two the nurse will assist you to the shower. You will be encouraged to walk with the physiotherapist or nurse. By day three you will be discharged.