

# Abdominal Aortic Aneurysm (AAA) scan



- This booklet tells you about having an AAA scan
- Having an AAA scan can save your life

**This is the Easy Read version. Ask us if you want a different version.**

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



**GIG**  
CYMRU  
**NHS**  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

Rhaglen Sgrinio  
Ymlediadau Aortig  
Abdomenol Cymru

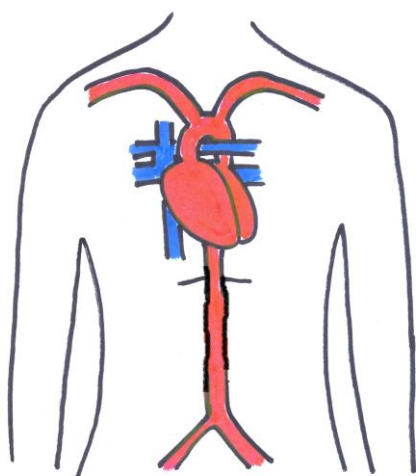


Wales Abdominal  
Aortic Aneurysm  
Screening Programme

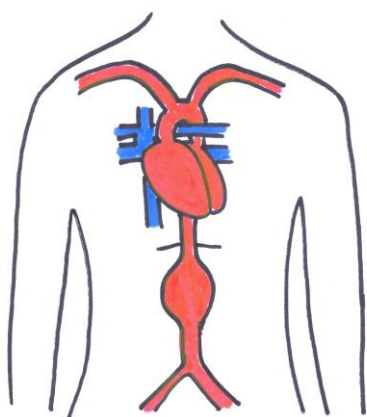
## What is an AAA scan?



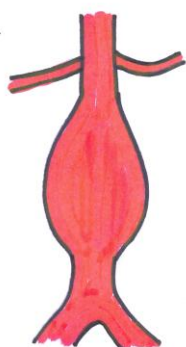
The **AAA** scan looks inside your tummy. It checks the size of a tube called the **aorta**.



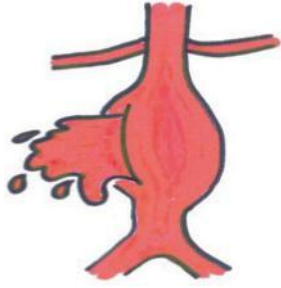
This tube carries **blood** from your heart.



Sometimes the tube gets weak and it stretches.



When it gets stretched, it is called an **aneurysm**.



An aneurysm can burst.



You can die.



You are more likely to have an aneurysm if you are a man aged 65.



If you are over 65, you can ask for an AAA scan.

# When you get your letter



**Men** aged **65** will be sent a letter for an AAA scan. The letter will tell you about the scan.



The letter will tell you **where** and **what time** to go.

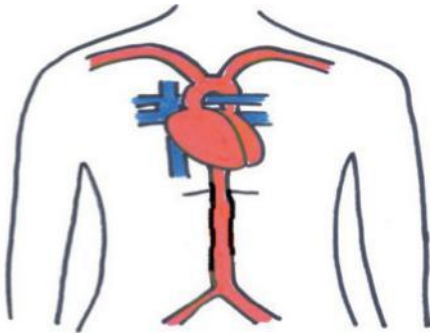


The scan is like the scan that pregnant women have to check their baby is ok.



It may be in a doctor's surgery or the local hospital.

## Having an AAA scan



The person doing the scan will check to see if your aorta is healthy.



The person doing the scan will give you the results on the day.



Sometimes the scan does not give a clear picture. Then you may be asked to go for another scan.



Most men **do not** have an AAA. If the result is normal, you do not need another scan.

# What happens if I have an AAA?



If we see a **small** AAA, we will do more scans to see if the AAA is growing.



If we see a **large** AAA, we will arrange for you to see a doctor at the hospital.



You may need to have an operation.

## Things to think about



You can ask someone to go with you to help you understand.



You can ask for a longer appointment.



You can eat and drink normally before your AAA scan.



You can talk to someone at your doctors if you have questions.

**It is your choice if you go.**

# Things you can do

If you look after yourself you will be healthier. This means:



- don't smoke



- eat healthy food



- don't drink too much alcohol



- do some exercise

Think about going for your AAA scan when you are asked.

Visit our website if you want more information

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



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

Rhaglen Sgrinio  
Ymlediadau Aortig  
Abdomenol Cymru



Wales Abdominal  
Aortic Aneurysm  
Screening Programme

(Ver 1) 04/15