

# ULTRASOUND INFORMATION SHEET

## What is a Vascular Ultrasound?

Ultrasound is a non-invasive test that uses high frequency sound waves to make an image of your internal body structures. Vascular ultrasound will measure the blood flow through your arteries or veins. Ultrasounds are safe and painless.

## What to Expect

You may be asked to remove some items of clothing or change into a gown, depending on which test you are having, so that the sonographer can access the skin. A special gel is rubbed on the part of the body being tested to improve sound quality. Then, a transducer (a hand-held instrument that transmits sound waves) is held against your skin while images of the blood vessels are recorded. You will usually need to lie down and remain still for the examination, and you may be asked to move into different positions throughout the scan.

## Preparing for the ultrasound

If you are having the arteries or veins in your abdomen checked, you will be required to fast. This is to prevent bowel gas from blocking the view of the arteries and veins underneath and allows for a more accurate test. Please check when you are booking your appointment for further instructions.

## When will I get the results?

The results will be sent to your doctor within 1-3 days.

# Lower Limb Arterial Duplex

## Why am I having this test?

You may need this test if:

- you have been experiencing leg pain with walking (intermittent claudication)
- you have non-healing wounds or ulcers on your legs or feet
- your doctor has trouble finding your pulses in your ankles
- you have known vascular disease or have had surgery or stents in these arteries in the past

## What are you looking for?

This test will measure the blood flow in your arteries in your leg(s), from the groin to the ankle. The test will pick up any plaque build-up in the arteries that may be restricting the blood flow in your leg. Your doctor may also ask us to check the blood pressure in your arms, ankles and toes. This is called an ankle-brachial-index test (ABI).

## How long will it take?

This test may take up to 30 minutes per leg, plus 15 minutes for the ABI.