

# 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 Venous Incompetence Duplex

## Why am I having this test?

You may need this test if:

- you have varicose veins
- you have chronic swelling or aching in the legs with standing
- you have skin discoloration in your legs

## What are you looking for?

The veins in your leg transport blood back to the heart. Small valves inside the veins prevent the backflow of blood. Sometimes these valves can malfunction, causing blood to “reflux” back down the leg, which may cause varicose veins. This ultrasound will test the function of the veins and locate any veins that are not working as they should. You will be asked to lie on a tilt table with your leg rotated out to the side, while the sonographer tests the veins from the groin to the ankle. The sonographer will need to squeeze your calf to test the veins.

## How long will it take?

This test may take up to 30 minutes per leg.