



## Cottage Grove Cardiology, P.C.

*Specializing in Cardiovascular Medicine*

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### VASCULAR LAB EXAM INSTRUCTIONS

During an Ultrasound/Duplex exam our registered technologist will image the blood vessels (arteries/veins) and blood flow to specific parts of your body. During the exam you will lay on an exam table while the technician applies gel to your skin and uses an ultrasound transducer (sound waves) to obtain images and measurements of your blood vessels and blood flow. These tests are typically painless but you may feel pressure as the technologist presses on the transducer to obtain a quality study. **Please bring your insurance card and a list of medications with you to the exam.**

- **Carotid Ultrasound:** This exam evaluates the condition of the major arteries in the neck that supply blood to the brain. This exam lasts approximately 45 minutes.
  1. Continue to take all your medications as ordered by your physician.
  2. There are no dietary restrictions for this type of test; continue your normal diet.
  3. No high collar shirts, a low cut, loose fitting shirt or blouse is preferred.
- **Transcranial Doppler:** This exam evaluates the blood vessels and blood flow that supply the brain within the skull. This exam lasts approximately 45 minutes.
  1. Continue to take all your medications as ordered by your physician.
  2. There are no dietary restrictions for this type of test; continue your normal diet.
- **Duplex Scan of Upper Extremity (Arms):** This exam evaluates the arteries that supply the arms with blood. This exam lasts approximately 45 minutes.
  1. Continue to take medications as ordered by your physician.
  2. There are no dietary restrictions for this type of test, continue your normal diet.
  3. Wear removable shirt.
- **Duplex Scan of Lower Extremity (Legs):** This exam evaluates the arteries that supply the legs with blood. This exam lasts approximately 90 minutes.
  1. Continue to take medications as ordered by your physician.
  2. **No food or fluids for at least 6 hours before your exam; take medications with minimal clear liquids.**
- **Abdominal Ultrasound (Aorta, Renal, Iliac, Bypass):** This test evaluates the blood vessels that bring blood to and away from the abdominal organs. This exam lasts approximately 45 minutes.
  1. Continue to take medications as ordered by your physician.
  2. **No food or fluids for at least 6 hours before your exam; take medications with minimal clear liquids.**
  3. No girdles.
- **Arterial Pressures and Waveforms (ABI):** The technician will use ultrasound and blood pressure cuffs to evaluate the arteries that supply the arms and legs with blood. Several blood pressure cuffs are applied on your arms and legs in different locations. A computerized machine will inflate and deflate the cuffs while the technician measures the blood flow with an ultrasound transducer. This exam lasts for approximately 45 minutes.
  1. Continue to take your medications as ordered by your physician.
  2. There are no dietary restrictions for this type of test; continue your normal diet.
  3. This test may be performed with or without exercise (slow walking). Please bring comfortable walking shoes if your test is with exercise.
  4. No girdles.
- **Venous Duplex (Arms/Legs):** This test evaluates the veins that carry blood to the heart from the legs or arms. This exam takes approximately 45 minutes.
  1. Continue to take your medications as ordered by your physician.
  2. There are no dietary restrictions for this type of test; continue your normal diet.
  3. Wear removable shirt for arm study. No girdles.