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## **VASCULAR ULTRASOUND TESTING INSTRUCTIONS**

### **PREPARATION**

- ❖ Performed in Downey office.
- ❖ Diet: Eat and drink as normal.
- ❖ Clothing: Wear two-piece, comfortable clothing. In order to image your legs, socks and pants will need to be removed so please plan and dress accordingly. Do not use powders, oils, or lotions on your legs on the day of your exam. You will need to remove your pants.
- ❖ Medication: Take your medication as prescribed.
- ❖ Insurance: If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

### **BRIEF EXPLANATION OF SEQUENCE OF TEST**

- ❖ You will need to lie on your back.
- ❖ A gel will be applied to each of your legs or arms, and an ultrasound transducer (a small, hand-held wand) will be rubbed on your skin in order to obtain images of your blood vessels.
- ❖ You may be asked to change positions in order to obtain images of each vessel.
- ❖ You should not feel any major discomfort during a peripheral vascular ultrasound. Some slight discomfort is occasionally felt from the pressure of the transducer.
- ❖ The test will take approximately 45 minutes to one hour.
- ❖ You will be allowed to leave after the test. Your physician will give you the results on your follow-up visit.

### **QUESTIONS/CONCERNS**

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office

**Thank you for your time and cooperation.**