

NAME

DATE/TIME OF TEST

Your physician has ordered one of the tests noted below. We want you to be well informed so we may obtain the most accurate results possible. A receptionist will indicate which test(s) your doctor ordered:

- **NOTE: BRING A CURRENT LIST OF ALL MEDICATIONS WITH THE DOSES.**

A peripheral vascular ultrasound refers to the arteries and veins in the neck (the carotids), the arteries and veins in the arms and legs (upper and lower extremities), and the abdominal aortic artery in the abdomen. A peripheral vascular ultrasound will examine blood flow and areas of stenosis (narrowing in arteries).

ABDOMEN/AORTA or RENAL: allow one hour

- The day before your exam follow a low fat diet and avoid gas producing foods (refer to guidelines below)
- The day before your exam, drink a total of 4 glasses of water (not all at once)
- The evening before your exam, do NOT eat, drink, chew gum or smoke after 10 p.m. You will be fasting until your exam is completed
- Take GAS-X the evening before and one hour prior to exam (purchase at pharmacy)

Guidelines for a low fat diet:

***Foods Allowed:** Fruit juices (except apple), coffee, tea, water, lean beef, fish, lamb, poultry, rice, pasta, fat-free broth-based soups, dry cereals (except bran products), most vegetables, most fruits, Jell-O and sherbet. All food should be prepared without added fat and should not be fried.

***Foods to Avoid:** Whole milk, apple juice, beer, carbonated beverages, all fried foods, highly spicy foods, dried beans, potatoes, vegetables in the cabbage family, whole grain products, prunes and chocolate.

CAROTID: allow 45 min

- You should wear an open-neck shirt or blouse for the exam
- There are no special dietary instructions

LOWER EXTREMITY PERIPHERAL ARTERIAL DOPPLER: allow one hour

- You will be required to undress and put on a patient gown for the examination
- There are no special dietary instructions

LOWER EXTREMITY PERIPHERAL VENOUS DOPPLER: allow one hour

This is a non-invasive test to rule out blood clots and/or venous insufficiency in your legs. The technician will have to press down on your legs to be sure the vein collapses properly.

- You will be required to undress and put on a patient gown for the examination, please wear undergarments
- There are no special dietary instructions

ABI: allow one hour

This is a noninvasive test that uses blood pressure cuffs to take blood pressure readings at various sites along your legs. This test is ordered to evaluate any leg pain that may be caused by decreased blood flow and is used as a screening tool. This test is often paired with an ultrasound because the results compliment each other to give a more complete view of your veins and arteries.

- You will be required to undress and put on a patient gown for the examination, please wear undergarments
- There are no special dietary instructions

FISTULAS: allow 45 min

- Please wear a short sleeved shirt
- There are no special dietary instructions

TEST RESULTS: The results will be forwarded to your primary care physician. Please inquire about the results during your next office visit. If you have any questions, please do not hesitate to ask.