



## Cardiology & Arrhythmia Consultants, Inc.

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### Vascular Education & Appointment Sheet

I have a vascular appointment on \_\_\_\_\_  
( Date )

I am having a \_\_\_\_\_ test done at \_\_\_\_\_  
( Test ) ( Time )

#### Description of each test.

--**Carotid artery ultrasound**- An ultrasound study of the carotid arteries ( the arteries that start at the bottom of your neck and lead to your face and brain). The technologist is looking for significant plaque build-up in those arteries. During the study the technologist also looks at the vertebral arteries, ( the arteries that lead to the back of the brain ), looking for significant plaque build-up.

--**Renal vascular ultrasound** – An ultrasound study where the technologist looks at the arteries that lead to your kidneys, which are called renals, to see if plaque has built up in the renal arteries. Plaque build-up in the renal arteries is called Renal Artery Stenosis, which is a blockage of the renal arteries. This can cause a person to have high blood pressure. If a patient has high blood pressure then a renal ultrasound test might be done to rule out renal artery stenosis. It is very important that all patients follow the renal prep sheet the day before the test in order to minimize excessive gas build-up in the abdomen. **ULTRASOUND CAN NOT SEE IMAGES THROUGH GAS.**

--**Abdominal Aorta Duplex**- An ultrasound study where the technologist looks at the aorta (the biggest artery in the abdomen ) to see if it is wider than normal which is called an aneurysm. The technologist also looks for tears in the aorta. It is very important that all patients follow the renal prep sheet the day before the test even though they are not having a renal ultrasound done. The renal prep sheet helps patients minimize excessive gas build-up because **ULTRASOUND CAN NOT SEE IMAGES THROUGH GAS.**

--**Lower/Upper extremity venous duplex**- An ultrasound study of the thigh and lower legs or arms where the technologist looks for a blood clot in the veins.

--**Lower extremity arterial Doppler** – A hand-held Doppler and chart recorder is used to listen to the arteries in the legs and print out waveforms of each artery. Blood pressures are taken of both arms and ankles and the pressures are divided to get an ABI ( ankle brachial index). If the ABI is normal then the patient may have to walk on the treadmill for 5 minutes at 1.5 mph (depends on each patients symptoms and circumstances). After the patient gets off the treadmill they will lay down on a table and more blood pressures will be taken of the ankles and arms. The technologist is looking for blockages in the arteries of the leg and trying to determine the level of disease if any is present.

--**ABI (Ankle Brachial Index)** – A hand-held Doppler and blood pressure cuffs are used to take blood pressures of both arms and both ankles. The highest ankle pressure is divided by the highest arm

pressure and an index is calculated. The technologist is looking for the presence or absence of arterial disease in the legs. An index of .96 to 1.0 and above is normal.

-- ***Upper extremity arterial Doppler***- A hand-held Doppler and chart recorder is used to listen to the arteries in the arm, take blood pressures and print out waveforms. The technologist is looking for blockages in the arteries of the arms which would cause arterial insufficiency.

-- ***Groin Duplex***- An ultrasound study of the right or left groin ( depending on which side was used for a cath ). The technologist is looking for a pseudo aneurysm which is a false aneurysm in the groin. A pseudo aneurysm is usually a large pulsating mass in the groin which sometimes forms after a patient has been stuck with a needle in the groin ( ex. During a cath ).