

Delaware Cardiovascular Associates
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Prep Instructions for Vascular Testing

() ABDOMINAL AORTA ULTRASOUND

Imaging with ultrasound of the large vessel in the abdomen to measure its diameter.

NOTHING TO EAT OR DRINK PAST MIDNIGHT

Takes about 30 minutes – Best to wear clothes easy to take on and off.

() ABI or LOWER EXTREMITY ARTERIAL DUPLEX

Taking blood pressure at each ankle and arm (may or may not include a little walking on a treadmill) listening with Doppler. This evaluates the flow of blood in the arteries of the legs for narrowing or closures. NO PREP FOR TEST. Takes about 45 minutes

* Best to wear clothes easy to take on and off and comfortable shoes.

() CAROTID DUPLEX

Imaging using ultrasound and listening with Doppler to evaluate the flow of blood in the arteries of the neck which feed the brain. This checks for narrowing closure. NO PREP FOR TEST. Takes about 45 minutes. **Best Not to wear a turtleneck or sweater.

() LOWER EXTREMITY VENOUS

Imaging using ultrasound to evaluate the veins in the legs to check for blood clots. NO PREP FOR TEST. Takes about 30 minutes.

**Wear easily removable slacks or skirt and comfortable shoes.

() UPPER EXTREMITY ARTERIAL

Using blood pressure cuffs on arms, listening with Doppler, and imaging ultrasound the arteries in the arms are evaluated for narrowing and closures. NO PREP FOR TEST. 30 minutes.

**Wear a shirt easy to take on and off.

() UPPER EXTREMITY VENOUS

Imaging using ultrasound to evaluate the veins in the neck and arms to check for blood clots. NO PREP FOR TEST. 30 minutes

**Wear a shirt easy to take on and off.

If you must cancel your appointment; a 24 notice must be given or there will be a \$50.00 fee charged to you.