

**INSTRUCTIONS FOR A PERIPHERAL VASCULAR ULTRASOUND,  
UPPER AND LOWER EXTREMITY ULTRASOUND,  
ABDOMINAL AORTIC ULTRASOUND,  
CAROTID ULTRASOUND  
and  
RENAL ULTRASOUND**

Date of Test: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Time of Test: \_\_\_\_\_

***What is the purpose of a peripheral vascular ultrasound?***

The term peripheral vascular refers to the arteries and veins in the neck (the carotids), the arteries and veins in the arms and legs (upper and lower extremities), or the abdominal aortic artery in the abdomen. Your doctor has ordered this test to examine blood flow, areas of blockage or narrowing in arteries, or blood clots in veins.

***What will I experience during my ultrasound?***

The test will last between 30 minutes and one hour. This test is not painful and no preparation is needed, except for the abdominal aorta ultrasound. For abdominal ultrasounds only, you must be fasting from midnight the night before. You may take your medications as directed.

The lab will be darkened to help the technologist view the ultrasound monitor. The technologist will ask you to lie on your back on a table. An instrument called a transducer will be placed on your neck, legs, or abdomen with a small amount of gel. The ultrasound machine generates high-pitched sound waves above the range of human hearing. The sound waves will bounce off the walls of the arteries and veins and will be translated electronically to an image on the screen. You may be asked to breathe in and out slowly or to hold your breath. Remember to remain still during the test because movement can distort the results. The examination is videotaped for your doctor to review.