



## IMPORTANT

**Please call us at 1-866-611-2665 if you need to reschedule.**

## DAY OF YOUR APPOINTMENT

- You can expect to be at the clinic between 30-60 minutes, depending on your procedure(s) and barring any unforeseen delays.
- Please arrive 15 minutes before your appointment to allow enough time to check in with reception.
- Bring photo identification and your provincial health card.
- Take all prescribed medications as directed.
- Wear comfortable clothes.
- No food or drink (except water) in the six hours before your exam.
- Please do not bring children who require supervision.

## YOUR EXAM

*DURATION: 20-60 minutes*

Vascular ultrasounds use high frequency sound waves to assess the blood flow of blood vessels in the body, including those in the neck, arms, and legs, from the groin to the ankle. These exams can be ordered to check the flow of blood to brain and assess the risk for a stroke, or blood clots in the leg or arm. They can assess the blood flow into and out of the kidneys and the liver.

Some vascular exams compare the blood pressure in your arm to the pressure at your ankle to determine how well your blood is flowing from your heart to your feet. On occasion, additional blood pressure readings may be taken at the toes.

## WHAT HAPPENS DURING MY EXAM?

- If needed, we will provide you with a gown or shorts to wear during the exam.
- You will be asked to lie down on the bed.
- For some vascular exams, blood pressure cuffs will be placed on both arms and both ankles.
- The blood pressure cuffs will inflate so the sonographer can take blood pressure readings. The cuffs may become tight but only for a few seconds.
- During the exam your sonographer will listen to your blood flow, so you will hear what sounds like your heartbeat. This is the blood moving through the artery and each artery checked has a slightly different sound.
- A warm, non-scented, hypo-allergenic ultrasound gel will then be applied to the area being scanned for the ultrasound.
- A series of images is acquired to show the structure and flow of blood through the arteries.
- We can also assess the function of a bypass graft or stent that has been surgically placed inside a blood vessel to improve blood flow.
- The sonographer will ask you to perform various breathing techniques that aid in obtaining the best images of your organs.
- You may be asked to lie on your side, sit or stand to bring your organs into a better position.
- You may experience mild to moderate pressure while the sonographer takes the images.
- The radiologist reviews the images and measurements, and your doctor will receive a comprehensive report on the status of your arteries.

## WHEN WILL I GET MY RESULTS?

We do our best to have our radiologists interpret the information and forward the results to your doctor by the next business day.