

# Doppler / Duplex Ultrasound

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## *What You Need to Know and Do*

Ultrasound creates detailed images of the inside of your body using sound waves.

Doppler and Duplex ultrasound creates images of blood vessels and shows blood flow within the blood vessels. It detects problems with blood vessels, like narrow or blocked arteries and veins.

### What should I do before my appointment?

You may need to stop eating, drinking, or taking your medicine before your scan.

Be sure to tell your sonographer if you:

- have had a stroke
- have had a previous procedure, such as a bypass, balloon angioplasty, or stent placement
- have symptoms of stroke, like sudden short-term loss of strength, speech, or vision
- are taking any medicine
- are or think you may be pregnant.

### When should I arrive for my appointment?

You will need to arrive at least 30 minutes before your appointment time to check in and complete paperwork.

### What happens during my ultrasound?

You may be asked to change into a hospital gown or remove clothing from the area being examined.

The ultrasound may be done on your neck, abdomen, leg, or arm, depending on the area of your problem.

You will lie on an exam table. A layer of ultrasound gel is applied to the area being tested. A hand-held transducer (probe) is moved over the area.

You may feel pressure, but it should not be painful. You may hear a “whoosing” sound. This is the sound of your blood flowing.

You may be asked to stand up or even exercise during the test.

It usually takes 30 to 60 minutes.

### What happens after my test?

You can usually return to your normal activities and diet right away.