



VIRGINIA HEART

Excellence in Cardiovascular Care

## Aorto-Iliac Duplex Ultrasound

### Appointment Details

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Preparation for the Test

- **Nothing to eat or drink after midnight until the exam is completed, or for 8 hours prior to exam appointment. Also, no smoking or chewing gum until exam is complete.**
- **On the day of the test, do not take oral medications and instead bring them with you to take as soon as the test is complete.**
- You should wear two piece clothing that will be comfortable to lie down in.
- If you have previously undergone Abdominal Aorta surgery, Iliac stents or surgery, or Abdominal Aorta Endovascular graft repair, please inform our Sonographer before they begin the study.
- Please arrive a few minutes before your appointment time to complete any necessary paperwork.
- **The test usually takes 90 minutes to complete.**

### What is an Aorto-Iliac Duplex Ultrasound?

The test uses high frequency sound waves to create cross sectional pictures of the Abdominal Aorta and includes the Iliac Arteries. It also uses Doppler which is a type of Ultrasound Imaging to evaluate the flow of blood within the arteries. The combination of these Imaging techniques allows the Physician to see the condition of the arteries, look for plaque, aneurysms and to check for blockages in the arteries. The Abdominal Aorta lies in the middle of your abdomen, and supplies your abdominal organs with blood. The Iliac Arteries are in the pelvis, and supply the pelvis and legs with blood flow.

### How is the Test Done?

You will be asked to undress above the waist and lie on your back on an exam table. The first part of this evaluation consists of an ABI. Blood pressure cuffs will be placed on both arms and both ankles. The blood pressure will be taken at each arm and at both arteries in the ankle. Doppler waveform tracing of the ankle arteries will also be recorded. Next, non-greasy gel will be applied to your abdomen and pelvis. The Sonographer will slide an ultrasound probe up and down your abdomen and pelvis. The probe will be moved in different directions. You may be asked to hold your breath. During parts of the test you will hear loud whip like or whooshing noises. This is the Doppler portion of the test.

The test is not painful, so if you experience any discomfort, please inform the Sonographer so that they may make adjustments.

### After the Test is Completed

The images and measurements will be evaluated by one of our Vascular Cardiologists, and a report will be issued. You will be contacted with the results and any recommendations for further care. The report will be in your electronic Virginia Heart chart for your Cardiologist to review, and a copy of the report will be sent to your Referring Physician. If you want any of your other Physicians to receive a copy of your results, please let the Receptionist know so that you can sign a release for us to send them a copy of your report.

**\*\*If you are unable to make this appointment, please call to reschedule at (703) 621-4501.  
Appointments canceled within 24 hours will result in a \$150 cancellation fee. \*\***

*www.VirginiaHeart.com*