



VIRGINIA HEART

Excellence in Cardiovascular Care

## Renal Artery Duplex Ultrasound

### Appointment Details

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

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

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

### Preparation for the Test:

- **Nothing to eat or drink after midnight until the exam is complete, or for 8 hours preceding the exam. Also, no smoking or chewing gum until the 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 a 2 piece outfit that will be comfortable to lie down in.
- If you have previously undergone renal artery stenting, angioplasty, 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 a Renal Artery Duplex Ultrasound?**

The test uses high frequency sound waves to create cross sectional pictures of the Arteries to the Kidneys, and includes the Aorta in the Abdomen. It also uses Doppler which is a type of Ultrasound Imaging to evaluate the flow of blood within the arteries and the Aorta. 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 Renal arteries supply the kidneys with blood. The Aorta is located in the abdomen, and supplies the abdominal organs 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. Next, non-greasy gel will be applied to your abdomen. The Sonographer will slide an ultrasound probe up and down your abdomen. The probe will be moved in different directions. You will be asked to hold your breath. You will be asked to lie on your sides. During parts of the test you will be hearing loud whip 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*