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### **Abdominal Aortic Ultrasound Preparation & Information**

An ultrasound of the abdominal aorta is a non-invasive, painless test that uses high frequency sound waves to image the "aorta," the main blood vessel leading away from the heart. When the walls of the abdominal aorta become weak, they may balloon outward. If the aorta reaches over 3 centimeters in diameter, it is then called an abdominal aortic aneurysm (AAA). As the aneurysm gets larger, the risk of rupture increases.

#### **Before the Test**

- You should **NOT** eat or drink anything except noncarbonated water for eight to 12 hours prior to the test. You may take your usual medications on the day of the test, unless your doctor instructs you otherwise.
- No gum chewing or smoking for eight to 12 hours prior to the test as well.
- No dresses preferably to avoid fully undressing.

### **Lower Extremity Arterial Ultrasound Information**

Lower extremity arterial duplex is an ultrasound evaluation of the blood flow to the arteries in the legs and is used to detect and measure the amount of narrowing of the arteries. If your legs are not getting enough blood flow, you could experience leg pain with walking or leg cramps when you are lying down, or in severe cases you could experience constant leg or foot pain.

In addition, lower extremity arterial ultrasound is performed in patients with peripheral arterial disease (PAD), particularly for planning an endovascular procedure or surgery. It is also used to monitor procedures such as bypass surgery, angioplasty, stents and grafts for signs of the blockage returning ("restenosis"). If a hematoma develops after a catheterization procedure, arterial ultrasound is also used to check the integrity of the arteries and veins in the groin.

**Before the Test:** Dress appropriately as your clothing will be removed from the waist down.

### **Lower Extremity Venous Ultrasound Information**

A venous duplex ultrasound is an ultrasound that uses sound waves to create images of the inside of the body. A venous duplex ultrasound is an ultrasound that looks at the flow of blood through the veins in the legs. The test may be used for the following reasons: • To investigate the cause of the following symptoms in a leg: pain, swelling, increased warmth, and/or bulging veins • To diagnose the following: blood clot(s), deep vein thrombosis, poor vein function.

**Before the Test:** Dress appropriately as your clothing will be removed from the waist down.

## **Carotid Artery Ultrasound Information**

Carotid ultrasound captures images of the carotid arteries located on both sides of the neck. The carotid arteries carry blood from the heart to the brain. It is a painless exam with no restrictions

### **Preparing for the Test**

- Wear a comfortable shirt with no collar or an open collar, no turtle necks.
- Do **NOT** wear a necklace or dangling earrings.
- **NO** gum chewing or candy.

## **Echocardiogram Preparation & Information**

An echocardiogram (echo) is a diagnostic test used to obtain pictures of your heart to help determine your heart function and to evaluate your heart valves. An echocardiogram is a noninvasive procedure that is also known as a transthoracic echocardiogram (TTE).

**Preparing for the Test:** dress appropriately for the test because you will have to take your clothing off from the waist up. No dresses preferably to avoid fully undressing.

## **Stress Echocardiogram Preparation and Information**

A stress echocardiography or stress echo, is a procedure that determines how well your heart and blood vessels are working.

During a stress echo, you'll exercise on a treadmill while your doctor monitors your blood pressure and heart rhythm.

When your heart rate reaches peak levels, your doctor will take ultrasound images of your heart to determine whether your heart muscles are getting enough blood and oxygen while you exercise.

Your doctor may order a stress echo if you have chest pain that they think is due to coronary artery disease or a myocardial infarction, which is a heart attack. This test also determines how much exercise you can safely tolerate if you're in cardiac rehabilitation.

The test can also tell your doctor how well treatments such as bypass grafting, angioplasty, and anti-anginal or antiarrhythmic medications are working.

**Preparing for the Test:** dress appropriately for the test because you will have to take your clothing off from the waist up. No dresses preferably to avoid fully undressing. Make sure to wear good walking or running shoes as you will be exercising.