

You have been booked to have an Exercise Doppler Test at Vascular West

Your doctor has asked for a Doppler study. The test gives us important information about your lower limb circulation.

Prior to the commencement of the test, please let the nurse/technologist know if you have had any recent chest pain, heart surgery or stents below the knee.

A Doppler study is an ultrasound test of the legs to assess your lower limb circulation. A full study can take up to 45 minutes to perform. You will be asked to lie on the examination table. The blood pressure will be taken of your upper arms and then a cuff, ultrasound probe and gel will be applied to your ankle.

The technologist will look at the blood pressure readings which are then compared to the pressure in your upper arm. You will then be asked to walk on a treadmill at a mild rate to stimulate your pulse rate. The exercise will be stopped immediately if you have discomfort, get breathless or are just unable to walk any further. If your condition is frail, the nurse/technologist may simply have you walk along the corridor or sit on the edge of the bed with foot movements. You will again lie down and the initial process is repeated. Ultrasound used for the purpose of diagnostic values is completely harmless. The ultrasound is also completely painless although probe or cuff pressure may cause some minor discomfort.

This test greatly assists the reporting doctor in his final summation and also assists the sonographer when performing an ultrasound of the leg. A report will be completed by the sonographer and finalised by one of our vascular surgeons. This will then be sent to your referring doctor and/or GP within 48 hours.

If you have any questions regarding the test, or would like more information please call our office on 9381 7772. **Please make sure you bring the referral from your doctor to the appointment or check with the reception staff prior to the appointment that we have a copy.**