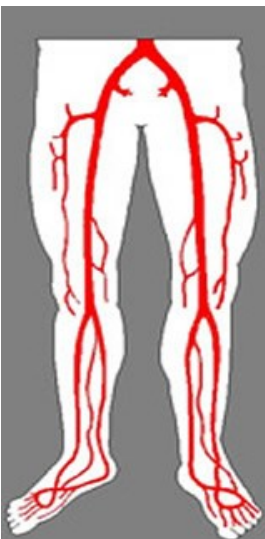


Information on blood pressure and circulation tests

What is a Doppler Study

Doppler study, also known as exercise test, is a non-invasive (outside the body) test to obtain information about arterial blood flow and blood pressures in the lower limb.

The test uses sound waves and special recording devices to gather the information. This is then reported and sent to your doctor.



How long will the test take?

About 20—30 minutes.

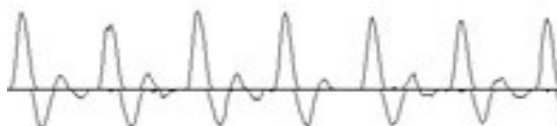
Why is the Doppler performed?

The test is usually performed if occlusive arterial disease or atherosclerosis is suspected.

The most common symptom of atherosclerosis (hardening of the inner most portion of the artery) is claudication, which is cramp-like pain in the calves, thighs or buttocks, usually brought on by walking.

Where will the test be performed?

The test will be performed in the Vascular Lab, tests can be done at Nedlands office.



Preparing for the Doppler

You will need to do the following for your exercise Doppler test:

- Inform staff if you have any infection, such as ulcer, or recent clot in the legs (6 weeks)
- Wear loose and comfortable clothing shorts
- Be prepared to walk on a treadmill for a short amount of time

Outline of the Doppler Procedure

You will be asked to remove; stockings, socks and shoes and lie on the bed. Your blood pressure will be taken with a blood pressure cuff. A small probe (similar to a pencil) will indicate the blood flow through the arteries. This will be measure by putting gel and placing the



probe on the skin surface. The probe will be put on the wrist, ankle and top of the foot.



Blood pressure cuffs will be placed around your ankle and arm and pressures measured to establish the blood flow to the lower limbs.

You will be asked to walk on a treadmill at a gentle pace to bring on your symptoms. The pressure measure-

ments will be repeated and compared to those taken before exercise.

The results of the test will help your doctor to diagnose the cause of pain and any problems with blood flow in the legs. This will also help to determine the best course of treatment.

Once you have completed your test please make sure you have a follow-up appointment with Dr Sieunarine to discuss your results.

Dr Kishore Sieunarine



'State wide, evidence based
comprehensive vascular
solutions'

Doppler Studies

*Information for patients under the
care of Dr Kishore Sieunarine*



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