



Renal Artery Ultrasound Preparation & Instructions

What is a Renal Artery Ultrasound?

A renal artery ultrasound is a test that shows the renal arteries, the arteries that carry blood to the kidney. These arteries may narrow or become blocked and this may result in kidney failure or high blood pressure (hypertension). Ultrasound waves are used to make an image of the artery. The speed of blood flow through the arteries is measured and determines the degree of narrowing of the artery.

Before the exam

- For morning appointments, do not eat food or drink liquids after midnight the night before your exam. No gum chewing or smoking.
- Take medications as usual.
- For noon or later appointments, do not eat food or drink liquids 6 hours prior to your exam. No gum chewing or smoking.
- Do not smoke or chew gum prior to your exam as they can increase stomach gas.
- Allow 45 minutes for the exam.
- *No dresses preferably to avoid fully undressing.*

During the exam

You will be positioned on a cushioned examination table. The technologist will apply a warm clear gel to the skin above the anatomic structure to be studied. The gel acts as a conductor, eliminating air bubbles between the transducer and your body. The transducer, a hand-held device which sends and receives ultrasound signals, is pressed against the skin and swept back and forth until the desired images are captured. The ultrasound images are captured on a television-like monitor and transferred to a cd for your physician to review and interpret. The exam is approximately 30 to 45 minutes.

After the exam

You may leave as soon as the exam is completed and resume normal activities and diet. After your physician reviews the test results, a final report will be generated. Your physician will discuss the test results with you.