



Venous Duplex Ultrasound Preparation & Instructions

What is a Venous Duplex Ultrasound?

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 arms or legs.

The test may be used for the following reasons:

- To investigate the cause of the following symptoms in an arm or leg: pain, swelling, increased warmth, and/or bulging veins
- To diagnose the following: blood clot(s), deep vein thrombosis, poor vein function

Before the exam there is no special preparation required.

During the exam

You will be asked to lie on a table. Gel will be placed on the skin of your arm or leg, over the veins being tested. The ultrasound machine has a hand-held instrument called a transducer, which looks like a microphone or wand. The transducer is pushed against your skin where the gel was applied. The transducer sends sound waves into your body. The waves bounce off structures in the body and echo back to the transducer. The echoes are converted to images that are shown on a screen for your physician to review.

The length of the exam varies, depending on your situation. In most cases, it will take between 15 to 45 minutes.

Your clothing is removed from the waist down. **No dresses preferably to avoid fully undressing.**

After the exam

You can get dressed and go home. Your physician will read and interpret your images. Your doctor will notify you of the results and provide you with recommendations.

After the exam, call your doctor if your symptoms continue or worsen or if you develop any new symptoms.

