



testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

General and Vascular Ultrasound

What is an Ultrasound?

Your doctor has suggested you have one or more general ultrasound tests as part of your evaluation at National Jewish. Ultrasound (sound waves) can be used to look at organs, soft tissue and blood vessels within the body. The ultrasound shows the structures and blood flow through organs and blood vessels. It does this by using sound waves.

How do you get ready for the test?

Please arrive 30 minutes before the test is scheduled. The nurse or sonographer will ask you questions before the ultrasound.

- ✓ **DO NOT** eat or drink anything for **6 hours** before your scheduled testing time if you are having the following:
 - Abdominal Ultrasound
 - Abdominal Aorta Ultrasound
 - Hepatic (Liver) Ultrasound
 - Gallbladder Ultrasound
 - Spleen Ultrasound
 - Venous Duplex Ultrasound of the arms or legs
 - Renal (Kidney) Ultrasound
 - If you are having a Renal (Kidney) Ultrasound drink **16 to 24 oz. of water 30 minutes** before your scheduled test time

- ✓ There is no preparation for the following ultrasound tests:
 - Carotid Artery Duplex Ultrasound
 - Thyroid Ultrasound
 - Chest Ultrasound
 - Atrial Duplex Ultrasounds of the arms or legs

What is done during the test?

The sonographer will explain the test to you before you start. Ask questions if you don't understand. Before the test you will need to remove all clothing and jewelry for the area of the body that the test will be performed. You will be given a hospital gown to wear. The ultrasound does not hurt. You will lie still on a table during the procedure. The sonographer may have you lie on your side and/or back during the

procedure. Gel will be placed on your skin and on a probe. The probe is what makes the sound waves. The probe will be moved over the area being tested.

What should you do after the test?

You can resume your normal activity after the test is complete.

How long will the test take?

An ultrasound will take about 1 hour. A Venous Duplex Ultrasound of the legs will take about 1 1/2 hours.

How do you get to your test?

All ultrasound tests are performed in the Cardiology department. Cardiology located in the adult clinic in the Smith Building.

If you have any questions you can contact the Cardiology Department at 303-270-2670.