



PACIFIC COAST CARDIOLOGY & RESEARCH

PATIENT PRE-TEST INSTRUCTIONS:

Lower Extremity Arterial Physiologic Testing

No Prep needed for this test.

*****YOU SHOULD NOT STOP ANY MEDICATIONS WITHOUT CONTACTING YOUR PRESCRIBING DOCTOR. USE THE FOLLOWING LIST IN ORDER TO SPEAK WITH YOUR DOCTOR:**

Commonly Used Beta Blockers: Blocadren (timolol), Coreg (carvedilol), Inderal (propranolol), Lopressor (metoprolol), Tenormin (atenolol), Toprol –XL (metoprolol), Trandate (labetalol), Visken (pindolol), Bystolic.

Caffeinated Food and Beverages: Coffee including “decaffeinated”, teas, cocoa and any food containing cocoa (chocolate), and soft drinks.

Lower Extremity Arterial Physiologic Testing

A lower extremity arterial doppler test is a very useful screening procedure that measures the blood flow through the arteries in your legs and to determine if there is blockage. This test is conducted while you lie on an exam table. Several blood pressure cuffs will be applied to your arms and legs and a small pencil-thin probe that produces sound waves will be used.

How it is Done

You will be asked to change to a gown with the opening in the front and removing clothing from the waist down.

A highly trained technician will use the probe to evaluate the arteries from your groin to your ankles at several different sites.

The technician will then apply blood pressure cuffs to your arms and legs. If you are diabetic, the technician will also put tiny cuffs on your toes to check the blood pressure in your toes. The cuffs will be partially inflated and a waveform is displayed on a monitor and recorded in the

computer. While the technician listens to the pulse in your ankle artery, the cuffs are inflated until the blood flow is temporarily stopped. Then the cuff will be deflated until the technician hears the blood flow in the ankle artery again. The technician will also take your blood pressure in both arms, recording the results in the computer.

The results of your test will be carefully reviewed and interpreted by the Cardiologist. Your test results should be available within 48 hours.

How to Prepare

You may take your medications and eat as usual on the day of the procedure. You should allow one hour for this exam.