

PREPARING FOR THE EXAM

Ultrasound or sonography involves the sending of sound waves through the body. Those sound waves are reflected off the internal organs. The reflections are then interpreted by special instruments that subsequently create an image of anatomic parts.

Ultrasound imaging of the body's veins and arteries can help the radiologist see and evaluate blockages to blood flow, such as clots in veins and plaque in arteries. With knowledge about the arterial blood flow gained from an ultrasound image, the radiologist can often determine whether a patient is a good candidate for a procedure like angioplasty.

Ultrasound images may also be used to plan or review the success of procedures that graft or bypass blood vessels—such as renal (relating to the kidney) artery bypass. Ultrasound of the veins may reveal blood clots that require treatment such as anticoagulant therapy (blood thinner), or filters to prevent clots from traveling to the lungs (embolism).

With ultrasound images, radiologists also can locate and identify blockages (stenosis) and abnormalities like blood clots, plaque or emboli, and help plan for their effective treatment.

You should wear comfortable, loose-fitting clothing for your ultrasound exam. If your abdominal vessels are being studied, you will need to fast before the procedure.

Most exams take less than 30 minutes, although some exams may take longer.

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HR We will have your results back to your doctor within 48 hours.

Humboldt General Hospital provides state-of-the-art radiology services to men, women and children of all ages. Ensuring the most accurate diagnostic results is our goal. Services are performed in a timely and compassionate manner; meeting our patients' needs is our top priority.

Every member of Humboldt General Hospital's radiology team has achieved his or her registry through the American Registry of Radiologic Technologists (ARRT). Registration is the one-time process of initially recognizing individuals who have satisfied certain standards within a profession. A person is certified by the ARRT after meeting educational preparation standards, complying with ethics standards, and passing a comprehensive exam.

Clinical excellence is just one part of the department's three-pronged "Promise to the Community." Humboldt General Hospital's Radiology Department also is committed to premium customer service, offering extended evening and weekend hours, as well as the most advanced technology possible for its nine modalities: MRI, CT Scan, X-Ray, Fluoroscopy, Vascular Ultrasound, Obstetrical Ultrasound, Cardiac Ultrasound, Mammography and Bone Densitometry.

We look forward to serving you. Please call Humboldt General Hospital's Radiology Department at (775) 623-5222, ext. 133, with any questions or concerns you may have, or to schedule an appointment.

"OUR PROMISE TO YOU"

- ✓ **CLINICAL EXCELLENCE**
- ✓ **PREMIUM CUSTOMER SERVICE**
- ✓ **ADVANCED TECHNOLOGY**

HGH
Radiology

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VASCULAR ULTRASOUND



HGH
Radiology

VASCULAR ULTRASOUND

at Humboldt General Hospital



VASCULAR PROCEDURES

Carotid Arteries. An ultrasound examination to evaluate the arteries in the neck, which are responsible for carrying blood flow to the brain.

Exam time: Approximately 60 minutes
Patient preparation: None

Lower and Upper Extremity Venous. An ultrasound examination of the veins in the legs or arms to determine whether or not a blood clot is present. The legs are scanned from the groin to the ankle while the arms are scanned from the neck to the wrist.

Exam time: Approximately 60 minutes
Patient preparation: None

Lower and Upper Extremity Arterial. An ultrasound duplex examination that allows direct visualization of the arteries in the legs or arms to evaluate the presence, location and severity of peripheral arterial disease (blockages).

For lower extremity testing, the abdominal aorta may also be evaluated with ultrasound. Direct duplex testing is also performed for evaluation of hemodialysis and peripheral by-pass grafts. The

legs are scanned with an ultrasound probe from the level of the groin to the ankles and images of the arteries are obtained along with simultaneous information about the blood flow (duplex).

Blood pressures are also taken in both arms and ankles. For upper arterial testing, blood pressures are taken of both arms. The affected arm will be scanned from the shoulder to the wrist.

Exam time: Approximately 60 minutes
Patient preparation: Lower Arterial Only— Because this exam may include scanning portions of the abdominal and pelvic areas, the patient should not eat or drink anything for 6 hours prior to testing. Patients may take medications with water. Patients with diabetes



may have dry toast, black coffee and water.

Visceral artery. An ultrasound examination of the kidneys and the arteries that supply them with blood. The arteries are evaluated for peripheral vascular disease (blockages).

Exam time: Approximately 60 minutes
Patient preparation: Because this exam involves scanning of the abdomen, the patient should not eat or drink anything for 6 hours prior to the test. Patients may take medications with water. Patients with diabetes may have dry toast, black coffee and water.

WHAT WILL I EXPERIENCE?

Most ultrasound studies are fast and easy. You will lie on your back on an examining table that may be tilted or moved to provide access to the area that will be imaged.

The sonographer or radiologist will spread some gel on your skin; the gel helps the transducer make a secure contact and eliminates air pockets between the transducer and the skin, since the sound waves cannot penetrate air.

The sonographer, vascular technologist or radiologist then will press the transducer firmly against the skin and sweeps along the area of interest, reviewing the images on the monitor and capturing "snapshots" as required.

WHAT ABOUT THE RESULTS?

A radiologist, who is a physician experienced in ultrasound and other radiology examinations, will analyze the images and send a report to your personal physician.

Generally, you will receive results of the