



Patient & Family Guide
2021

Non-invasive Vascular Lab Tests



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Non-invasive Vascular Lab Tests

The Vascular Lab has special testing equipment that can tell us about the pressure and amount of blood flowing through your arteries and veins. Ask one of our staff members which of the tests you will be having.

- For most of the tests, you will be lying on an exam table. You may also be asked to sit or stand.
- The tests will not hurt and there are no side effects.
- You will not get any injections.
- Please wear comfortable clothing and footwear. **Do not wear tights or pantyhose.**
- If you wear compression stockings, please take them off before your appointment.
- You may be asked to fast (not eat) before certain tests. You will be given instructions if this is to be done.

Types of tests

Ankle Brachial Index (ABI) blood flow test

- Blood pressure cuffs will be placed on both of your arms and legs. The pressure will be recorded in your arms and in your ankles.
- An instrument shaped like a pencil will be used to measure the blood flow in your arteries.
- The test will take about 20 to 30 minutes.

Treadmill exercise test

- You will be asked to walk on a treadmill.
- We will observe you closely during this time.
- We will stop the treadmill if you feel pain in your legs or chest, or have any trouble breathing.
- You will then be asked to lie down on a stretcher. The pressures will be rechecked in your arm and ankle.
- The test will take about 15 to 20 minutes.

Arterial duplex test

- This ultrasound is used to check the blood flow in the arteries in your arms or legs.
- Ultrasound gel will be placed on the area and an ultrasound probe (wand) will be moved around on your skin.
- The test will take about about 30 minutes.

Carotid duplex evaluation

- This ultrasound is used to check the blood flow in the carotid arteries in your neck. These arteries deliver blood to your brain.
- Ultrasound gel will be placed on your neck and an ultrasound probe will be moved around on your skin.
- The test will take about 15 to 30 minutes.

Venous duplex ultrasound

- This ultrasound is used to check the blood flow at different levels in the veins of your legs.
- Ultrasound gel will be placed on your legs and an ultrasound probe will be moved around on your skin.
- The technologist will squeeze different parts of your legs and check blood flow. This will not hurt.
- The test will take about 15 to 30 minutes.

Blood flow evaluation of fingers and/or toes

- Small plastic sensors will be taped or clipped on your fingers and/or toes.
- Tiny blood pressure cuffs may also be placed on your fingers or toes.
- We will record the pulse in your fingers or toes.
- Your hands or feet may be warmed or cooled and the pulse rechecked.
- This test may about 60 minutes.

Non-invasive Vascular Diagnostic Lab

Vascular Surgery Clinic

4th Floor, Halifax Infirmary

Robie Street entrance

Phone: 902-473-3512

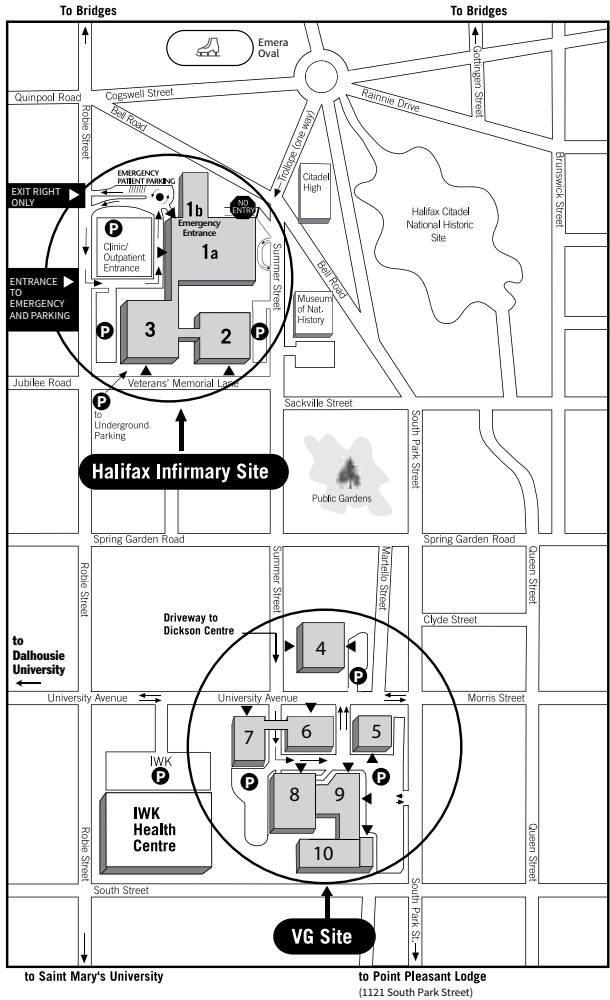
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site |
|--|
| <ol style="list-style-type: none"> 1a. Halifax Infirmary 1b. Emergency Dept. 2. Abbie J. Lane Memorial Building 3. Camp Hill Veterans' Memorial Building |
| VG Site |
| <ol style="list-style-type: none"> 4. Nova Scotia Rehabilitation Centre 5. Bethune Building 6. Mackenzie Building Laboratories 7. Centre for Clinical Research 8. Dickson Building 9. Victoria Building 10. Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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Prepared by: Non-Invasive Vascular Diagnostics Lab

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The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.