



**Thank
You**

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DOPPLER TEST

Information Leaflet

DOPPLER TEST

What is a Doppler Scan?

The Doppler is a hand-held machine that sends and receives a sound signal to and from blood vessels.

Why is a Doppler Ultrasound Scan performed?

The Doppler test is usually carried out before compression bandages or hosiery is prescribed for your legs. It is a safety check and is similar to having your blood pressure taken. It assesses the blood supply in your legs.

How long will a Doppler Ultrasound Scan take?

Including time to rest before starting the Doppler, it can take between 30 and 60 minutes, although this can vary.

What do I need to do to prepare for the test?

Please wear something with short or loose sleeves and loose fitting trousers so that the trouser legs can be rolled up.

You will also be asked to remove your socks/ tights/ stockings and shoes.

You may eat and drink normally before the Doppler test.

How is a Doppler Ultrasound Scan performed?

You will be asked to roll up your sleeves and trousers legs then lie as flat as you are able, for 15-20 minutes before the Doppler test. **It is very important that you lie still and do not move.**

A blood pressure cuff is applied to one of your arms to record your blood pressure. A small amount of gel is then applied to the inside of the elbow. The Doppler probe is then placed in the gel to pick up the sound of your blood as it moves through the vessels. This may be quite noisy but is normal. The blood pressure cuff will be pumped up and slowly let down again and the pressure recorded. This will then be repeated on the other arm.

The pressure is then recorded in both legs. You may only have problems with one leg, but it is important that the flow in both legs is checked. The recordings from the arms and legs will be compared and a result for each leg given.

What if I have an ulcer on my leg?

If you have an ulcer this will be covered during the test. It may feel uncomfortable as the blood pressure cuff tightens but this will be for a short time only.

What happens with the results of the Doppler Ultrasound Scan?

The Doppler test result will help to tell the nurse which type of treatment, bandage or stocking you may need.