

Patient Instructions and Restrictions for Abdominal Aortic Duplex

Please allow 1 hour in your schedule for this exam.

An abdominal aortic duplex exam uses ultrasound to produce images of the aorta. During the exam we check for any abnormalities in the artery and measure blood flow velocities in several areas.

1. The test is performed by a technologist and interpreted by a physician.
2. **No food, fluids, gum chewing, or smoking at least 8 hours prior to the test.**
3. You may take your medication but remember to limit your fluids to only what is needed to swallow.
4. You will be lying on your back during the exam.
5. A transducer will be lubricated with gel and placed in various positions on you abdomen.

After the physician has interpreted your test the results will be phoned to you or your physician will discuss the results at a follow-up appointment. **Please notify North Cascade Cardiology if a cancellation should arise. If you have any questions please call.**

As with all office visits, bring your insurance cards, and a list of your medications.