

Doppler test

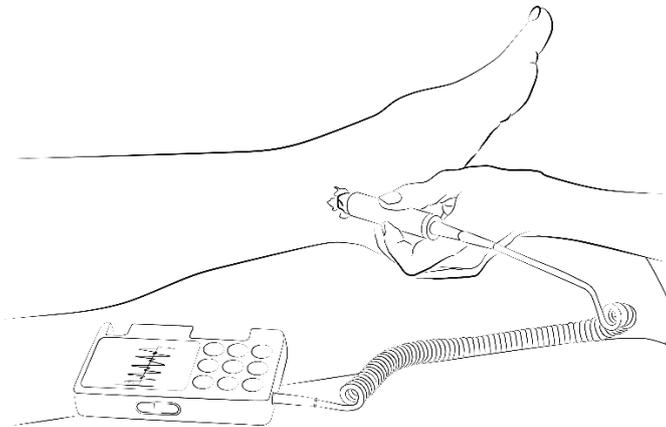
Information for patients

You have been referred to the Community Treatment and Care Service (CTACS) for a Doppler test.

This leaflet will help you understand more about the test and what will happen on the day of your appointment.

What is a Doppler?

A Doppler is a noninvasive test that can be used to estimate the blood flow through your blood vessels by bouncing high-frequency sound waves (ultrasound) off circulating red blood cells.



Why is a Doppler 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 and whether you require dressing to be applied or leg measurement to be undertaken, it can take between 40 and 90 minutes, although this can vary.

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

The Doppler test involves applying a blood pressure cuff to your arms and legs in turn. Wear something with short or loose sleeves and loose-fitting trousers (so that the trouser legs can be rolled up) or a skirt.

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

You can eat and drink as usual for the test. Take all your medicines as usual.

Hearing aids and pacemakers are not affected by the scan.

How is a Doppler Ultrasound Scan performed?

You will be asked to lie quietly, as flat as you are able, for 10 minutes before the Doppler test.

A blood pressure cuff is applied to one of your arms to record your blood pressure.

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.

A small amount of gel is applied to the pulses in your foot. 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 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?

If you have been referred by your GP, the nurse will send a copy of the results back to them so they can make any decisions with you on further treatment. If your CTACS nurse has requested this test it will help to tell the nurse which type of treatment, bandage or stocking you may need. This will be discussed with you at your appointment or at your next dressing appointment.

You may on occasion need to be referred to a specialist for more detailed tests depending on the results.

