

What is a Doppler ultrasound scan?

Leg Ulcer Management Team Patient Information Leaflet

Introduction

This leaflet is for people who have been advised to have a Doppler ultrasound scan (usually just called a Doppler). It gives you information about what the scan involves and how you need to prepare for it.

What is a Doppler ultrasound scan?

A Doppler is a small machine which is used to measure the blood supply in your legs. It is similar to having your blood pressure taken.

During the scan, the blood pressure is measured in your arms and ankles. The two readings will then be compared. If you have narrowed blood vessels in your lower legs, the blood pressure in your ankles will be lower than in your arms.

The scan is usually carried out before you are prescribed compression bandages or stockings for your legs.

What are the benefits?

The scan gives information on whether you have narrowed blood vessels in your lower legs. The test will allow your consultant to decide what treatment is appropriate for you.

Where will the scan be carried out?

It can be carried out in a health clinic, GP surgery, at home or in a hospital clinic. The test is usually carried out by a nurse. Sometimes a doctor or other healthcare professional may carry it out, if you are at a hospital.

How do I prepare for the test?

It is a good idea to wear something with short or loose sleeves. If you wear trousers, it is useful if the legs can be rolled up. Just before the test, we will ask you to take off your socks/tights and shoes.

You can eat and drink normally before the test.

How long will it take?

The actual Doppler scan may only take about 30 minutes. However, you will need to allow about an hour. This is so there is time for you to rest before your blood pressure is recorded.

If you also need to have a dressing put on your legs, this will take longer.

What happens during the test?

We will ask you to lie down and rest for about 20 minutes so your blood pressure settles. During this time, we may ask you questions about your health. It may be a good idea to visit the toilet first to make sure you are comfortable.

We will then put a blood pressure cuff on your arm. We will use a Doppler sensor to listen to your blood flow. To allow the sensor to pick up a signal, we will put a small amount of gel on your skin.

When the blood flow is being measured, you will be able to hear the sound of your blood as it moves through the blood vessels. If you would prefer not to hear this, mention it to the person carrying out the test. The blood flow is measured in both arms.

The pressure and blood flow is then measured in both legs. To do this, the blood pressure cuff is put around your ankles and the sensor and gel is used in the same way as on your arms. You may only have a problem with one leg but it is important that we measure the blood flow in both legs.

Can I find out more?

You can find out more from the following website:

NHS Choices

<http://www.nhs.uk/Conditions/Leg-ulcer-venous/Pages/diagnosis.aspx>

Leg Ulcer Management Team contact details

01384 321425 (9am to 5pm, Monday to Friday)

Leg Ulcer Management Team
Brierley Hill Health and Social Care Centre
Venture Way
Brierley Hill
DY5 1RU

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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