

# Abdominal Aorta and Pelvic Arteries Doppler Ultrasound

## Information for Patients

Aortic Doppler ultrasound allows for a detailed assessment of the structure of the aorta and its branches, enabling the detection of abnormalities such as narrowing (stenosis) or aneurysms. The Doppler method evaluates the speed of blood flow within the vessels.

The examination uses ultrasound waves. Ultrasound is safe and does not involve exposure to ionising radiation.

### How to prepare?

#### A day before the examination:

- Avoid eating foods and drinks contributing to bloating, such as legumes, carbonated drinks or yoghurt.
- Patients who have a tendency to bloating should, as advised by a physician, take medication to reduce intestinal gas the day before the test. Unless otherwise instructed by the doctor, the standard dose is:

*Espumisan* (or another simethicone-based product) 80 mg 3 times a day on the day before the examination and 80 mg in the morning on the day of the examination, on an empty stomach

#### On the day of the examination:

- Before the examination you should not drink coffee, chew gum and smoke cigarettes.
- If the examination is scheduled before 12:00 p.m., you should arrive **fasting** (your last meal the day before should be eaten around 6:00 PM).
- If the examination is scheduled at 12:00 p.m. or later, do not eat any food for at least 6 hours prior to the examination.
- Wear loose-fitting clothing that is easily removed or pulled up to allow access to the abdominal area during the procedure.
- If you are taking medications on a regular basis, take them as directed by your doctor with a small amount of still water.

### What to bring?

- ID card, previous diagnostic test results, and hospital discharge summaries, if the hospitalization was related to the examination.
- paper referral for the examination or the e-referral code

### How is the examination performed?

The examination is performed in a lying position. The specialist applies a special gel to the area being examined and then places the ultrasound probe on the skin. The entire procedure takes several minutes, and the patient receives the results immediately after the visit.