

ABDOMINAL AORTA DUPLEX PREPARATION & INSTRUCTIONS

What is an Abdominal Aorta Duplex?

An abdominal aorta duplex is a noninvasive ultrasound test that uses soundwaves to capture images of the aorta. The abdominal aorta carries blood from the heart to the abdomen, legs, and pelvis. Images of the abdominal aorta are used to check the entirety of the vessel and measurements are taken to see if narrowing or enlargement is present.

Before the exam:

- For morning appointments, do not eat or drink liquids after midnight the night before your exam.
- If afternoon appointments, nothing to eat or drink for 8-12 hours before test.
- Daily medications can be taken prior to test with water
- Diabetic patients who are unable to fast should eat a light/low fat diet like toast, fruit, or juice.
- No chewing gum or smoking prior to exam, this can cause gas to build up in the stomach and make it difficult to obtain images.
- You will be asked to remove shirt or pull the shirt up for the exam. A gown will be provided if needed.
- Allow an hour for the exam

During the exam:

You will be positioned on a cushioned exam table, flat on back, with a pillow under the head. Warm gel will be applied to the stomach, gel is used to act as a conductor, and eliminates any air between the ultrasound transducer and the body. The Ultrasound transducer is the device that sends and receives ultrasound signals in order to obtain the images of the body part being imaged. You may be instructed to hold your breath from time to time during the exam.

After the exam:

Once the exam is completed you may resume normal activities and diet. The physician will review the test and a final report will be generated. Your physician will discuss the test results with you.