

RENAL ARTERY DUPLEX PREPARATION & INSTRUCTIONS

What is a Renal Artery Duplex?

A renal artery duplex is a noninvasive ultrasound test that uses soundwaves to capture images of the renal arteries/kidneys. The renal arteries are responsible for supplying blood to the kidney. Over time these arteries may narrow or become blocked and may result in kidney failure or high blood pressure (hypertension). Images of the arteries are used to check the entirety of the vessel and measurements are taken to see if narrowing is present.

Before the exam:

- **FOR MORNING APPOINTMENTS**, do not eat or drink liquids after midnight the night before your exam.
- **FOR AFTERNOON APPOINTMENTS**, nothing to eat or drink for 8-12 hours before your exam.
- Daily medications can be taken prior to your 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, with a pillow under the head. You will be asked to lie flat on back, and on right/left side during the test. Warm gel will be applied to the stomach/side, 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 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.