



# **GATEWAY CARDIOLOGY, P.C.**

## **ABDOMINAL AORTA DUPLEX INSTRUCTIONS**

You are scheduled to have a special test on your abdomen called an Abdominal Aorta Duplex to be performed in our office on \_\_\_\_\_ at \_\_\_\_\_ AM/PM. We realize that you may have some questions regarding this procedure and have created this pamphlet to help answer these questions. Below is a list of frequently asked questions and answers to assist you:

### **Are there any preparations prior to the exam?**

Yes, here is a list.

1. If you smoke, please refrain for at least 2 hours prior to the test.
2. Do not eat a large meal 6 hours prior to the test.
3. Take all of your medications prior to the exam, unless otherwise instructed by your physician.
4. Wear comfortable clothing and shoes.

### **How long does the test take?**

The test usually takes about 30 minutes.

### **What is the test?**

An Abdominal Aorta Duplex uses sound waves to check the circulation to the abdomen. The test is noninvasive, which means no needles, catheters, or dyes are used. Ultrasound is used to create a picture of the shape of tissues and organs inside your body. The walls of the large blood vessel in the abdomen called the Aorta, including any deposits, narrowing, or dilation, can also be seen.

### **What does the test involve?**

Abdominal Aorta Duplex is performed by a trained sonographer or technician. A transducer turns electrical energy into sound waves, which bounce off the tissues and organs and are recorded onto the computer for later analysis. Blood flow through the blood vessels can be heard as the test is being completed. A gel is used on the skin in the area to be studied to improve conduction and reception; it may feel cold and moist. The test is painless, does not use radiation, and has few known risks.

### **Any questions?**

If you have further questions, please contact our office, Kennerly at 314.729.0088 or Watson at 314.781.5677. Your physician will be notified of the results.

### **Where are we located?**

10004 Kennerly Road, Suite 185, located on the 1<sup>st</sup> floor of Medical Building B on the Mercy South, f/k/a St. Anthony's Medical Center, campus.

**DIRECTIONS:** Travel Highway 270 to Tesson Ferry Road. Travel West on Tesson Ferry for approximately 1/2 mile. Turn right on Kennerly Road, then left at the first stoplight into the entrance of the hospital campus. If you are facing the front of the hospital, the building will be to the far left, **OR** 3915 Watson Road, Suite 100 located 2 blocks north of the Watson/Chippewa intersection, turn left onto Lindenwood, then left into our parking lot.

### **What should I do if I am unable to keep the appointment?**

We realize that there are times and instances where you may not be able to keep this appointment and because of the costs of performing this test, it is imperative that you call us 48 hours before your scheduled time to cancel and/or reschedule.