

MORRIS

Cardiovascular and Risk Reduction Center

Renal Arterial Doppler

Doppler, also known as ultrasound, is a safe and painless noninvasive procedure that takes pictures of the inside of the body using sound waves. It is also called ultrasound scanning or sonography, and involves the use of a small transducer (probe) and ultrasound gel placed directly on the skin. Ultrasound examinations do not use ionizing radiation (as used in x-rays), thus there is no radiation exposure to the patient. Because ultrasound images are captured in real-time, they can show the structures and movement of the body's internal organs, as well as blood flowing through blood vessels. There is no risk or pain involved in this procedure.

A renal arterial doppler is a test that shows the renal arteries (the arteries that carry blood to the kidneys), and assesses for renal arterial stenosis. The renal arteries may narrow or become blocked over time and this may result in kidney failure or high blood pressure, so it is best to diagnose sooner than later.

Your physician may order a RAD if you have early signs of kidney failure or your blood pressure is difficult to control. It is possible to have renal arterial stenosis without any symptoms.

PLEASE FOLLOW THESE GUIDELINES FOR YOUR EXAM:

1. **The Day Prior to Procedure:** CLEAR liquids only!
2. **12 Hours Prior to Procedure:** NO smoking or gum chewing
3. **8 Hours Prior to Procedure:** NO eating or drinking
4. Day of test, take all usual medications with just a few sips of water (no breakfast if within 8 hours of test)
5. No dresses or one-piece outfits (to avoid fully undressing)
6. Do not apply cologne, perfume, body lotions or powder
7. If you are unable to make your scheduled appointment, please call the office *AT LEAST* 24 hours prior to your test
8. Please arrive 15 minutes before your scheduled time and bring your insurance card and picture id to the front desk upon check in
9. Bring all medications or a list of medications for review
10. Allow approximately 90 minutes for the test
11. Results will be communicated to you by your physician