



Patient Information Leaflet

Undergoing duplex ultrasound to investigate varicose veins

Produced by:
Diagnostic Imaging

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Why am I having this scan?

Your doctor/consultant has referred you for this investigation as you may be having problems with the veins in your legs. The scan is used to assess the veins and identify the problem areas.

Ultrasound is a safe, non-invasive technique that:

- uses no needles or drugs;
- uses no x-rays or any harmful radiation;
- is done as an out-patient.

How is the scan done?

It is suggested for your own comfort during the procedure you consider wearing a two-piece outfit e.g. skirt/trousers and top.

You will be asked to remove trousers/skirt, socks/tights and shoes once you are in the scan room. The scan is performed with the patient standing so that the veins are more dilated and easier to assess.

Some gel is put on the skin and the ultrasound probe is then placed on this.

The Sonographer (specialist ultrasound radiographer) will squeeze the leg muscle at intervals during the examination to make the blood flow in the veins so they can be assessed. When the squeeze is released the pressure eases and the veins open up, the blood is allowed to fall back down the leg if the valves are not able to prevent it. This is called venous "reflux". Venous reflux is the major cause of most venous diseases and is almost always the cause of varicose veins.

The scan starts with you standing facing the Sonographer to assess the thigh veins. You will then be asked to stand on a step with your back to the Sonographer so that the veins behind the knee can be assessed. Finally you will be asked to sit on the scan couch with your legs over the side so that the calf veins can be assessed. The whole scan may take up to 30 minutes per leg.

Is it painful?

You should not experience any pain, however, it is necessary for the Sonographer to press firmly on the skin at intervals during the examination. If this is at all painful you must inform the Sonographer.

What can the scan show?

The picture produced by the ultrasound machine is basically black and white. However, we can use colour to detect any movement of blood within the veins. This is usually red or blue, depending on the direction that the blood is flowing. The direction of flow is important in helping us decide which veins are working properly.

The Sonographer who performs the scan can see both the veins themselves and the blood flowing within them during the scan. The scan cannot show the valves, but by seeing how the blood flows, the Sonographer can tell if they are working or not. When the valves in a vein do not work reflux is seen and the veins are called "incompetent".

What happens after the scan?

The surgeon needs to know which veins have abnormal valves and whereabouts those veins are in the leg. This allows the surgeon to plan accurate surgery using the information obtained from the scan.

The information obtained from Duplex ultrasound examination of each of the veins in the leg is then put into a written report and is sent back to the Doctor who requested it. You will receive an appointment in due course to go and see the Doctor again in the out patient clinic, to discuss the results of the scan.

Are there any risks involved?

There are no known risks associated with ultrasound scanning of the veins.

Finally

If you have any questions or concerns that you would like answered, please contact;

(01983) 534666 Monday to Friday

09:00–12:30 and 13:30–16:30

Ask to speak to a Senior Radiographer in Diagnostic Imaging

Access to Health Records by Diagnostic Staff

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by other healthcare professionals, and images may need to be interpreted by a teleradiology service. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.