

# Lower Limb Vascular Assessment - Doppler Ultrasound ABPI/TBPI

An information guide



# **Lower Limb Vascular Assessment - Doppler Ultrasound ABPI/TBPI**

## **Why is completing a Doppler assessment important?**

The Doppler assessment helps to assess the blood supply in your arms and legs (ABPI or TBPI) as part of a routine lower limb vascular assessment.

In this assessment a trained clinician will feel for your arm, foot and ankle pulses, then use the Doppler ultrasound probe to listen to the pulse signals.

Finally, they will measure the blood pressure in your arms, legs and toes to compare them. The results will help the clinician form an opinion on the circulation in your legs and feet and this will help them choose the most appropriate treatments or onward referrals for you.

## **Where will the test take place?**

The test will either take place in your own home or in a clinic setting depending on the service you have been referred to.

## What does the test involve?

The test will be explained to you by the clinician. This will ensure you understand the results. If you have any worries at any time before or during the test do not be afraid to ask.

The test will take about 15 - 30 minutes. To get the best results you will be asked to lie as flat and still as possible until the test is complete.

If you have a wound on your leg or foot the clinician will cover and protect it for the test.

A blood pressure cuff will be placed around first one arm, then the other arm, then each leg just above your ankle or around a toe.



Gel is applied to your skin to help the clinician listen to the sound of your blood supply. The Doppler machine may be noisy and this is normal. If you have pain in your legs it may be advisable to take some painkillers just before your assessment.

The blood pressure cuff is inflated and then deflated slowly just like when you have your blood pressure taken. When the test is finished the clinician will sit you up.

## **When will I get my test results?**

You will normally be given the Doppler results on the same day as your appointment.

The clinician will discuss the treatments that are available to you, which may include compression therapy, wound treatment, medicine and lifestyle changes, support around exercise and reduction of smoking.

You may also be referred for further vascular assessment / opinion, or referral for dermatology opinion. The clinician will explain the reasons for this and what will happen next.

If you have a wound on your leg or foot the treatment will usually be started on the same day as your test. The clinician will arrange further appointments for wound review, changes of dressing or compression therapy for you.

The clinician will tell you when your next Doppler test appointment will be, which is usually between 3 – 12 months.

## **What can I do to help?**

If you will not be home or unable to attend the allocated clinic appointment then please contact the relevant service to rearrange.

You may also be asked to confirm or cancel your appointment if indicated on your appointment letter.

It is very important that you are available at home or attend your clinic appointments at the agreed time.

Wear loose fitting clothing so that the clinician can access your arms and legs.

If attending a clinic please bring wide-fitting shoes or trainers with you, in case the clinician needs to apply a bandage on your leg or foot.

If you have a wound or sore on your leg or foot, please bring the dressings you are currently using with you, or have a supply available for the visiting clinician.

Please have available a list of your current prescribed medication and a urine specimen which will be routinely tested.

Ensure that the patient has avoided tobacco and caffeine for 30 minutes before the procedure – both can increase blood pressure.

**Telephone Numbers for each service:**

Telephone:-.....

Single point of access number:-.....

Locality:- .....

**The Northern Care Alliance NHS Group**

Oldham Care Organisations

Vascular Service Clinic:

Telephone:

**Salford Leg Ulcer Services**

Salford Royal Foundation Trust

Stott Lane Salford,

Manchester, M6 8HD

email [cvt.team@nhs.net](mailto:cvt.team@nhs.net) or [tissue.viability@srft.nhs.uk](mailto:tissue.viability@srft.nhs.uk)

Tel: 0161 206 1700 community

Tel : 0161 206 2113 Acute

Fax : 0161 206 2654

**Further Advice**

If you have any concerns or question about the information in this leaflet, please feel free to contact the team that is seeing you and they can answer any query you may have.

**Notes:**

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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