

# Cardiovascular Specialists of Frederick

## Patient Information form: Segmental blood pressures with exercise

### **Definition of segmental blood pressures with exercise exam of an arm or leg:**

Doppler segmental pressure testing is performed to assess patients with symptoms suggesting poor circulation and peripheral vascular disease. The test is non-invasive which means that it is performed on the outside of the body and does not require the use of needles, catheters, or dye.

### **How the test is performed:**

You will be asked to lie on your back.

Testing is done by using sound waves to listen to blood flow (Doppler ultrasound) and special recording devices or pressures to obtain information about arterial blood flow in the extremities. A series of blood pressure cuffs will be used to take blood pressures at various levels of your body.

Testing may include exercise to assess the limitations and symptoms experienced with exercise of the limbs.

### **How to prepare for the test:**

You will need to remove clothing from the arm or leg being examined.

**Please bring in loose fitting shorts:** (part of the test may include exercise on a treadmill.

**There is no food or medication restrictions for this test.**

### **How the test will feel:**

There is little or no discomfort associated with this test. Thigh cuff inflation produces the most discomfort, lasting only 30 second to obtain a reading.

### **Why the test is performed:**

This test is done to determine the degree of (Peripheral arterial disease) It may help diagnose: Arteriosclerosis of the arms or legs

The test may also be used to evaluate injury to the arteries and to monitor arterial reconstruction and bypass graft.

Damage to arterial grafts could occur when pressure is applied. It is essential to provide any information regarding previous surgical procedures to the technologist before the test is begun.