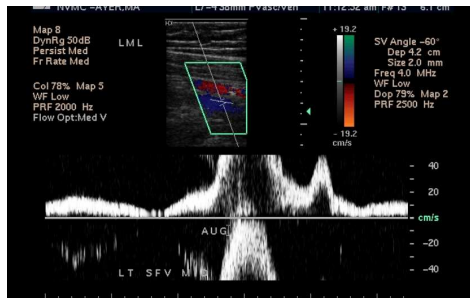


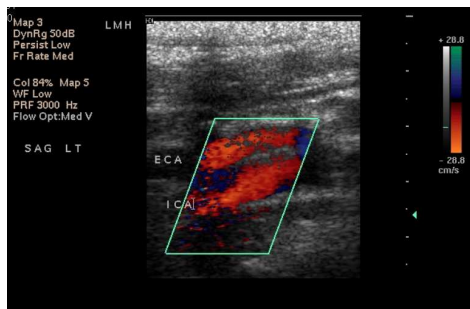
How to prepare for the exam:

THERE IS NO PREPARATION REQUIRED FOR ANY VASCULAR EXAM.

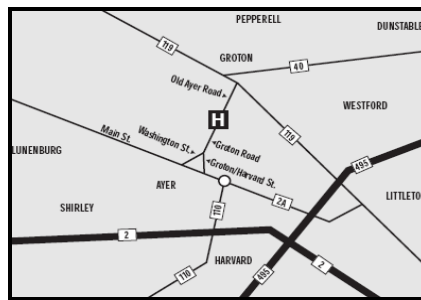
This brochure is intended to provide basic information to our **Ultrasound** patients. If you have any remaining questions about your exam, please consult your physician.



Venous Ultrasound Exam



Carotid Ultrasound Exam



From the NORTH:

SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

From the SOUTH:

NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

From the WEST:

Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

From the EAST:

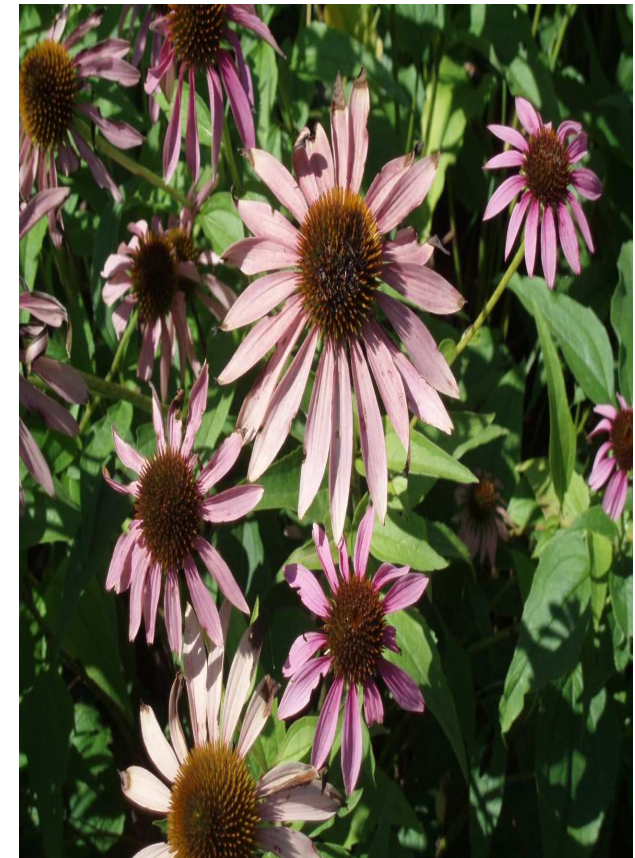
Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

Your appointment is scheduled for
DATE: _____

TIME: _____

**PLEASE ARRIVE 15 MINUTES EARLY AT
OUT-PATIENT REGISTRATION. A SIGNED
DOCTOR'S ORDER IS REQUIRED PRIOR TO
THE EXAMINATION.**

Vascular Ultrasound VENOUS AND ARTERIAL *Where Excellence is Essential*

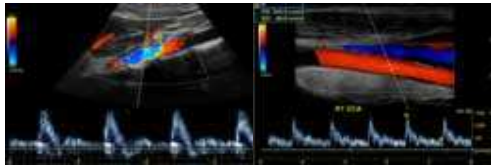


Nashoba Valley Medical Center
ULTRASOUND
200 Groton Rd.
Ayer, MA 01432
Ph: 978-784-9270
Fax: 978-784-9550

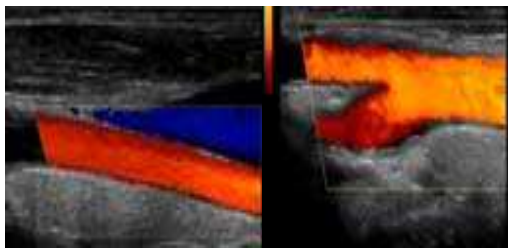
How does Ultrasound Work?

Ultrasound imaging, also called ultrasound scanning or sonography, involves exposing part of the body to high-frequency sound waves to produce pictures of the inside of the body. Ultrasound exams do not use ionizing radiation (x-ray). Because ultrasound images are captured in real-time, they can show the structure and movement of the body's internal organs, as well as blood flowing through blood vessels.

Vascular ultrasound provides pictures of the body's veins and arteries.



Doppler ultrasound, a special application of ultrasound, measures the direction and speed of blood cells as they move through vessels. The movement of blood cells causes a change in pitch of the reflected sound waves (Doppler effect). A computer collects and processes the sounds and creates graphs or pictures that represent the flow of blood through the blood vessels.



Vascular Ultrasound Can be used to:

- help monitor the blood flow to organs and tissues throughout the body
- locate and identify blockages (stenosis) and abnormalities like blood clots, plaque or emboli and help plan for their effective treatment
- determine whether a patient is a good candidate for a procedure such as angioplasty
- to plan or evaluate the success of procedures that graft or bypass blood vessels

Doppler ultrasound images can help the physician to see and evaluate:

- blockages to blood flow (such as clots)
- narrowing of vessels (which may be caused by plaque)
- tumors and congenital malformation

What do I expect during the exam?

Most ultrasound examinations are painless, fast and easy.

After you are positioned on the examination table, the Sonographer will spread some warm gel on your skin and then press the transducer firmly against your body, moving it back and forth over the area of interest until the desired images are captured. There may be varying degrees of discomfort from pressure as the transducer is pressed against the area being examined. If scanning is performed over an area of tenderness, you may feel pressure from the procedure.

After the exam:

Once the imaging is complete, the gel will be wiped off your skin. After an ultrasound exam, you should be able to resume your normal activities.

A radiologist, a physician specifically trained to supervise and interpret radiology examinations, will analyze the images and send a signed report to your primary care or referring physician, who will review the results with you.



Your doctor may ask you to bring images with you for your follow-up appointment. If so, please inform the Ultrasound staff or call the Diagnostic Imaging Department to request that your images be prepared in advance for you to pick-up in either **CD or film** format. The phone number is **978-784-9270**. Please verify which type of image your doctor can accept. We do request at least a **24-48** hour notice if possible.