



# Echocardiography & Vascular Testing Instructions

## Location:

216-16 Union Turnpike, Bayside  
Queens

266-19 Union Turnpike, Queens

207-07 Hillside Avenue,

## Echocardiogram

An echocardiogram, also known as an “echo” uses sound waves to visualize the heart. It is a non-invasive test and involves no radiation exposure. An echocardiogram is used to evaluate the structure, valves and overall pumping function of your heart.

**\*\*\*No special preparation is required for this procedure. You will be asked to remove everything from the waist up. Women will be given a gown to wear.**

## Carotid Ultrasound

Carotid ultrasound uses sound waves to produce pictures of the carotid arteries in the neck which carry blood from the heart to the brain. It is most frequently used to screen patients for blockage or narrowing of the carotid arteries, a condition called stenosis.

**\*\*\*No special preparation is required for this procedure. Please wear a loose-fitting, open necked shirt or blouse. You may be asked to remove any your jewelry (necklaces and large earrings).**

## Abdominal Aorta Ultrasound

Abdominal ultrasound uses sound waves to visualize the aorta, the main blood vessel that supplies blood to the abdomen, pelvis and legs. It is commonly used to evaluate for plaque formation and aneurysms.

**\*\*\*Do not eat or drink anything after midnight the night before, including coffee, tea and milk. Please wear a loose-fitting shirt.**

## Lower Extremity Venous Ultrasound

Venous ultrasound uses sound waves to produce pictures of the body's veins. It is commonly used to search for blood clots, a condition often referred to as deep vein thrombosis.

**\*\*\*No special preparation is required for this test. You will be asked to remove your pants, shoes and socks.**

## Lower Extremity Arterial Ultrasound

Arterial ultrasound uses sound waves to produce pictures of the body's arteries. It is commonly used to evaluate the arteries in your legs for plaque build-up or narrowing (stenosis).

**\*\*\*No special preparation is required for this test. You will be asked to remove your pants, shoes and socks.**

## ABI (Ankle Brachial Index)

An Ankle Brachial Index or ABI is used to evaluate the blood pressures in your arms and legs. Blood pressure cuffs will be applied to your arms and ankles.

**\*\*\*No special preparation is required for this test. Please wear a short sleeve shirt. You will also be asked to remove you pants, shoes and socks. You can bring loose fitting shorts to change into.**