The Doppler Test

Patient Information leaflet

What is a Doppler?
The Doppler is a machine which is used to measure the blood supply in your legs.

It is a safety check and is similar to having your blood pressure taken. This procedure should be pain free although slight discomfort may be experienced in the area of ulceration for a short period.

What do I need to prepare for the test?
There is very little preparation needed but you will be asked to wear something with short or loose sleeves. If you are wearing trousers it would be useful if the legs can be rolled up.

You can eat and drink normally before the test.

Just before the test you will be asked to remove stockings/socks and shoes.

What Happens during a Doppler?
You will be asked to lay down for 20 minutes before the test to allow your blood pressure to settle. During this time you will be asked questions about your health.

We will take a finger prick test to check your sugar level and blood glucose.

You will have the blood pressure cuff applied to your arm.

We will listen to your blood flow using the Doppler probe instead of a stethoscope. You may hear the sound of your pulse bounding, this is normal. This will be repeated on both arms and ankles or toes.
A calculation will be made from the reading to establish if it is safe to apply compression hosiery/bandages.

You may require a referral to a Vascular Surgeon following assessment, but this will be discussed with you by your nurse/podiatrist.

**Contact Telephone Number:**

**Healogics Wound Healing Centre:**

**Named Nurse:**