



**VENOUS LEG ULTRASOUND** (Incompetence Study)

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic  
1230 East Main Street, Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

**Please check in the Diagnostic Imaging Department.**

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

**What is a Venous Leg Ultrasound for Incompetence Study?**

A venous leg ultrasound for incompetence study uses sound waves, not radiation, and an instrument called a transducer to obtain images of the veins of your leg(s). This test helps to evaluate whether or not your veins contain valves that have been damaged, or no longer work properly in taking blood back to your heart.

**How do I prepare for the test:**

- There are no dietary restrictions for this test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Ultrasound appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Arriving late may result in rescheduling your test.

**What will happen during the test:**

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on a bed for the first portion of the test. For the second portion, you will need to be partially seated and only bearing weight on the leg not being evaluated. You will have a handrail to help support you as well.
- This test may take 60-90 minutes to complete.
- Warm gel will be placed on your legs(s).
- A transducer will be placed on your skin and moved around during the test.
- The sonographer will apply pressure with the transducer throughout the test to compress the veins underneath. Your leg will also be squeezed to test the blood flow in different locations.
- The sonographer will take several images.
- At times you will hear loud noises that sound like a heartbeat as the sonographer listens to the blood flow.

**Instructions for after your test:**

- You may resume your regular diet unless you have been given other instructions.
- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.