



Ultrasound for Chronic Venous Insufficiency (CVI)

Patient Information & Preparation Guide

What is a CVI Ultrasound?

A **Chronic Venous Insufficiency (CVI) Ultrasound** is a non-invasive diagnostic test that uses sound waves to evaluate the blood flow in the veins of your legs.

This test helps your healthcare provider determine if the valves in your veins are functioning properly and if blood is flowing efficiently back to your heart.

Why the Test is Performed:

CVI occurs when the vein valves in your legs become weak or damaged, causing blood to pool and leading to symptoms such as:

- Leg swelling
- Varicose veins
- Aching, heaviness, or cramping
- Skin discoloration or ulcers near the ankles

The ultrasound allows the provider to visualize the veins, identify any reflux (backward flow of blood), and assess the overall health of your venous system.

What to Expect During the Test:

- You will lie comfortably on an exam table.
- A clear gel will be applied to your legs.
- The technologist will move a small device (called a transducer) over the skin to capture images of your veins.
- You may be asked to change positions or perform simple leg movements during the test.
- The exam typically takes 45 to 60 minutes and is completely painless.



Preparation Instructions:

To ensure accurate results, please follow these instructions carefully:

Drink Water:

- Drink **16 to 24 ounces of water 1 hour before your appointment.**
- Staying hydrated helps improve image quality and vein visibility.

Avoid Caffeine:

- Do **not consume caffeine** (coffee, tea, soda, or energy drinks) for **6 hours prior to your appointment.**
- Caffeine can constrict blood vessels and affect blood flow during the test.

No Need to Hold Your Bladder:

- You do **not** need to have a full bladder for this exam.
- You may use the restroom before your appointment.

Additional Information:

- Wear loose, comfortable clothing or shorts that can easily be rolled above your thighs.
- The technologist will apply mild pressure during the scan—please let them know if you experience discomfort.
- Results will be reviewed by a vascular specialist, and your provider will discuss the findings with you at your next visit.

If you have any questions or need to reschedule, please contact our office at 661-324-4100.

We look forward to providing you with compassionate, quality vascular care.