



Ultrasound: Iliac Vein (VILLIAC) Study

Patient Information & Preparation Guide

What is a VILLIAC Ultrasound?

A **VILLIAC (Iliac Vein) Ultrasound** is a specialized vascular ultrasound used to examine the **iliac veins**, which are large veins located deep in your pelvis that carry blood from your legs back to your heart.

This test helps your healthcare provider evaluate blood flow through these veins and identify any **narrowing, blockage, or compression** that may cause leg swelling, pain, or other symptoms related to venous disease—such as **May-Thurner Syndrome** or **Chronic Venous Insufficiency (CVI)**.

Why the Test is Important:

The iliac veins are not easily visible on routine leg ultrasounds. A VILLIAC study provides a more detailed view of the pelvic veins to:

- Detect **blood clots (deep vein thrombosis, DVT)**
 - Assess for **vein compression or obstruction**
 - Evaluate **venous reflux** or poor circulation
 - Guide your vascular provider in developing an appropriate treatment plan
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What to Expect During the Test:

- The test is **non-invasive** and uses sound waves to produce images of your pelvic veins.
 - You will lie flat on your back while a vascular technologist applies a warm gel to your lower abdomen and groin area.
 - A handheld device (called a **transducer**) will be moved gently across your skin to capture images.
 - The exam usually takes **45 to 60 minutes**.
 - You may feel slight pressure but **no pain**.
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Preparation Instructions:

To ensure clear images and accurate results, please follow these instructions carefully:

No Food, Drink, or Smoking After Midnight:

- Do **not** eat, drink, or smoke **after midnight** before your appointment.
- An empty stomach helps reduce gas in the abdomen, which can interfere with image quality.

Medications:

- You **may take your prescribed medications** in the morning with a **small sip of water**, if needed.
- Please bring a list of your current medications with you.

Clothing:

- Wear **loose, comfortable clothing**. You may be asked to change into a gown for the procedure.

After the Exam:

- You can **resume normal activities and eating** immediately after your ultrasound.
- A vascular specialist will review your results, and your provider will discuss the findings and next steps with you.

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

Thank you for trusting our team with your vascular health.