

**Your doctor has requested that you are assessed through the DVT clinic at Torbay Hospital.**

### **What is the DVT clinic?**

This is an outpatient service for the diagnosis and treatment of a DVT in the leg. You are likely to have been referred to the clinic by your General Practitioner (GP). Your GP will send a referral to the DVT clinic and they will ring you with an appointment time.

The diagnostic ultrasound Doppler scan is performed in the radiology department on Level 3.

The DVT clinic is situated within the Acute Medical Unit (AMU) outpatients department on Level 2. Please allow about 2 hours to be assessed and have tests. If you are found to have a DVT you will need to stay longer.

### **Blood test**

You may have a blood test (known as a D-dimer test) before your Doppler Scan. This involves taking some blood from a vein in your arm. This test helps us calculate your risk of having a DVT.

If the result is positive it means that you may have a DVT, but not that you definitely do. A positive result can be caused by other things, such as infections or inflammation. The DVT clinic nurse will explain your blood test results to you.

For some patients a negative result from this blood test may mean that you are unlikely to have a DVT and your symptoms, such as pain or swelling, are likely to be caused by something else. You may be advised to go back and see your GP.

### **Whilst you are waiting for your scan.**

You may be given an anticoagulant as either a tablet or injection. Anticoagulants are used in the treatment of DVT, to help extend the length of time it takes your blood to clot. You will be given this medication before your scan in case you do have a DVT.

You may be given this by your GP or in the emergency department, before you come to the DVT clinic.

### **Having a Doppler leg vein ultrasound scan.**

If a DVT cannot be excluded with a D-dimer blood test, you will have an ultrasound Doppler scan.

Ultrasound is a safe way to investigate the flow within the deep vein using Doppler ultrasound. This will involve scanning the inside of your leg and wearing loose underwear, trousers or a skirt are ideal. Avoid wearing knee length boots.

**Note: Usually only the upper part of your leg is scanned, from thigh to behind your knee.**

The Advanced Practitioner in ultrasound (APU) or Radiologist will ask you to lie flat on the couch with your clothing moved out of the way.

A ribbon of gel will be placed along the inner thigh and the transducer is moved along the vein to record the vein flow.

Images are recorded electronically and a report will be written for the DVT clinic nurse on the computer system.

You will be informed if you have a DVT or not at the end of the scan.

### **What happens after the Doppler ultrasound scan?**

After your scan you will need to go to the DVT clinic in AMU main outpatients on level 2.

You will then be seen by a specialist DVT clinic nurse who will examine your legs and ask about your symptoms.

If your Doppler scan shows you do not have a DVT in your upper leg, you will be referred back to your GP.

### **What happens if I am diagnosed with a DVT?**

If a DVT is confirmed, a nurse will start you on an appropriate treatment. You will be given full information on the implications and duration of this treatment.

### **Personal choices.**

### **Parking.**

At certain times of the day parking at the hospital may be limited. You will need to bring change for parking payment. As a teaching hospital, we often have Ultrasound trainees undergoing training. If a student is present we will ask your permission to perform the scan. You have the right to decline. This will not affect your care in any way

Please be advised that Torbay Hospital has bus services to the door.

### **Contact details**

**Allow plenty of time to get to the hospital for your appointment as your scan may need to be rebooked if you are late.**

If you have any questions or concerns, please contact us.

**DVT clinic number: 01803 655776**

**Ultrasound reception:  
01803 655619 (9-5pm)**

 TorbayAndSouthDevonFT

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[www.torbayandsouthdevon.nhs.uk/](http://www.torbayandsouthdevon.nhs.uk/)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

## **PATIENT INFORMATION**

# **Deep Vein Thrombosis (DVT) Ultrasound Doppler Scan Clinic**