

Are You at Risk?

CVI Exam



Groups at risk

- Women age 40-49
- Men age 70-79
- Lifestyle: sedentary lifestyle or obesity; vocations that involve long periods of sitting or standing; smoking
- Family history of CVI or Deep Vein Thrombosis (DVT)

Signs & Symptoms

- Varicose veins or spider veins
- Leg heaviness, aching, cramping and tiredness
- Pain in the legs during long periods of standing or sitting
- Poorly healing wound on the inside of the ankle
- Ankle and leg swelling
- Skin changes, especially tender, warm, reddish skin

My Appointment:

Date _____

Time _____

Place _____

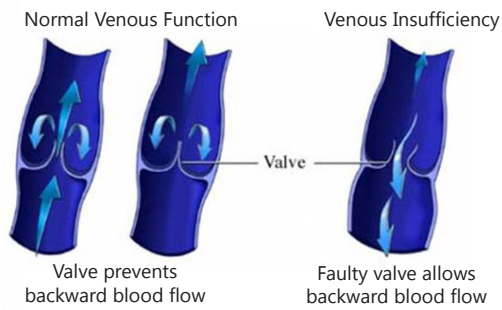
Phone _____

Notes: _____



What is CVI?

Chronic Venous Insufficiency (CVI) is a condition in which the leg veins have problems sending blood back to the heart. When the one-way valves are damaged, blood flows backwards, possibly causing clots.



What is PADnet+?

A PADnet+ Venous test can provide early detection of CVI when treatment options are broadest (incorporating both lifestyle modification, and non-invasive and invasive therapeutic options). Using a photo cell probe, the PADnet+ measures the venous refill time of the lower limbs. Because these volume changes are directly related to the amount of blood in the limb, this test helps to identify problems affecting venous circulation.

Before Your Test

Getting ready for this test requires little effort. You will be asked to remove clothing that covers your lower legs, including your socks and shoes. You may bring shorts to wear. This test most often takes 5-10 minutes. Be sure to allow extra time to check in.

- **Do not smoke or use tobacco 30 minutes prior to your PADnet+ exam. Smoking constricts blood vessels and can interfere with the exam.**
- **If you are in a wheelchair, the test can be performed while in it. Please request at check-in.**



During Your Test

For this test, you will be sitting upright on a sturdy chair with your feet flat on the floor. A small probe will be placed on the inside of your ankle.

When prompted by the technician, you will perform toe raises (shown to right) to pump the blood out of the leg veins. To do this, you must flex your foot upwards above your heel and then relax it.



This procedure should be repeated 5-10 times. During this exercise, the blood in the veins is pumped toward the heart due to the contraction of the muscles. The refilling time of the blood is measured by the PADnet+ system.

If the refilling times or waveforms are abnormal, your doctor may recommend additional diagnostic tests.

After Your Test

You may return to your normal routine right after the test. Your doctor will let you know when the results are ready.