



CardioRisk Laboratories Femoral Intimal Media Thickness Exam Protocol

Exam Prep:

1. Explain the exam to the patient.
2. Verify patient information and enter patient identifiers in the ultrasound unit.
3. Have the patient adjust clothing to allow for access to the groin area by lowering or raising clothing while leaving undergarment in place.
4. Have the patient place protective paper towel under the leg band of their undergarment at the anterior groin, bilaterally.
5. Maintain as much patient modesty as clinically possible while allowing for necessary exposure for the exam.
6. Sonographer is to wear medical exam glove for the exam.

Exam:

1. Using linear transducer, visualize the right common femoral artery at the bifurcation. Optimize the image with:
 - a. vessel at appropriate depth and in horizontal orientation on the screen
 - b. common femoral artery to the left of the screen
 - clear visualization of the LI/MA interfaces in the distal 1 cm of the common femoral artery
 - c. bifurcation and superficial femoral artery / deep femoral artery to the right of the screen
2. Place caliper mid lumen, at the origin of the superficial femoral and deep femoral arteries.
3. Annotate image as RCFA.
4. Save image
5. Repeat steps 1 & 2 on the left lower extremity.
6. Annotate image as LCFA.
7. Save image.
8. Have the patient wipe the gel from their groin using the paper towels and re-adjust their outer clothing.
9. Wipe the transducer of residual gel using a clean paper towel.
10. Apply approved disinfectant to the transducer following instructions on disinfectant.
11. Remove and discard the glove.
12. End exam.

