

# **INSTRUCTIONS AND RESTRICTIONS**

## **YOU HAVE BEEN SCHEDULED FOR A PADNET TEST**

A PADnet test is a 15-20 minute exam that allows us to measure the blood volume in your lower extremities by using a series of blood pressure readings. PADnet studies help doctors identify the presence, severity and location of the obstructive disease and monitor disease process. This test can provide early detection of Peripheral Arterial Disease when treatment options are the most extensive, incorporating both lifestyle modification and non-invasive and invasive therapeutic options.

You will be asked to lie flat on a table where several blood pressure cuffs will be placed on your arms and legs, including your toes. In order to obtain the most accurate readings, the cuffs must be placed directly on the skin, so short-sleeved, loose-fitting shirts and shorts are the most comfortable clothing options during the test. Each measurement will be taken one at a time and recorded into a computer database. A North Cascade Cardiology Vascular Cardiologist will interpret the study, and you will be notified of the results within 4-7 business days of the procedure.

## **INSTRUCTIONS FOR PADNET TESTS – REST AND / OR STRESS (PERIPHERAL TREADMILL):**

- Please take **ALL** medications as usual – **DO NOT** hold any medications.
- **DO NOT** smoke for four hours prior to the test.
- No Lotions
- Blood pressure measurements will be taken on your arms and all the way down your legs, including your big toes. You will be provided with a patient gown, but it is helpful if you bring a pair of shorts to wear during the test.
- If your physician has ordered the stress portion (peripheral treadmill), please wear a pair of comfortable shoes for walking on the treadmill.