



# GUIDE TO IMAGING TESTS FOR ADPKD

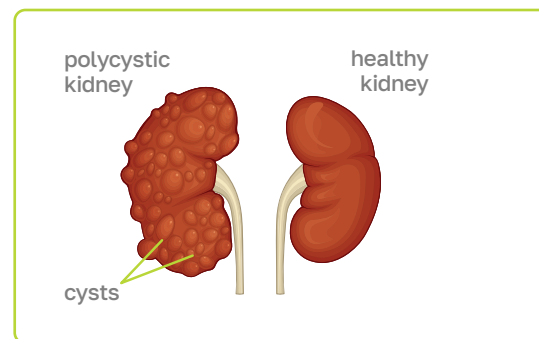


## What is ADPKD?

Autosomal Dominant Polycystic Kidney Disease (ADPKD) is a genetic kidney disease that causes fluid-filled cysts to grow in your kidneys. ADPKD causes chronic kidney disease and can lead to kidney failure. Imaging tests are a key factor in helping doctors diagnose and treat ADPKD.




## What are imaging tests?

Imaging tests are procedures that create detailed pictures of the inside of your body. These tests are generally safe and non-invasive. These images can show your doctors things that they cannot feel with their hands or find with other instruments. They help doctors diagnose, treat, and monitor health conditions.



## Why is image testing important for ADPKD?

Imaging tests are important for people with ADPKD because they can:

-  **Confirm a diagnosis:** depending on your age and family history, the number of cysts you have in your kidneys can confirm an ADPKD diagnosis. Imaging tests can show how many cysts you have in your kidneys.
-  **Predict progression:** the number of cysts, and the size of your kidneys, can indicate how likely it is that you will progress to end stage renal disease.
-  **Determine Height-adjusted total kidney volume (htTKV):** this is the total volume of your kidneys including the cysts.

Doctors will ask about your family history, and if you have a family history of kidney disease or ADPKD, they may decide to do imaging tests.

## What are the different types of imaging tests?

There are three types of imaging tests that your doctor may use to look at your kidneys:



**Ultrasonography (ultrasound):** uses soundwaves, which bounce off your organs, to create an image of your kidneys on a computer screen. Your doctor will likely have you lie down on an exam table and may have you move onto your side. The process takes around 30 minutes.



**Magnetic resonance imaging (MRI):** uses large magnets and radio waves to create detailed pictures of your kidneys. Typically done after an ultrasound for more detailed images. There are two kinds of MRI machines:

- **Open Bore:** uses one large magnet on top and one on bottom; the image is not as detailed as a closed bore MRI, but can be used for people who may suffer from claustrophobia.
- **Closed Bore:** uses a ring of magnets in an enclosed machine.

During the test, you will lie down on a table that will slide into the machine. It will take anywhere from 15 minutes to an hour to capture the images. You will be able to talk to the healthcare team with a microphone inside the machine.



**Computed tomography scan (CT or CAT scan):** uses x-rays to create images of your kidneys at different angles, producing a detailed, 3-D scan. It can also be done after an ultrasound for more detailed images. During the test, you lie down on a table that will slide into the machine. The machine will rotate around you to capture images. This process takes about 30 minutes.

## How do I prepare for imaging tests?

Depending on the type of test your doctor is doing, you may need to prepare in different ways.

**Ask your doctor if there is anything specific you should do to prepare.** Generally, it's a good idea to:

- Wear loose, comfortable clothing that has no metal (including zippers or buttons)
  - You may change into a hospital gown for the test
- Remove any metal jewelry, including piercings
  - If you have any metal implants, it's important to let your doctor know so they can choose the safest test type

Doctors typically start with an ultrasound, and if they need to get a more detailed picture of your kidneys, they will do an MRI or a CT scan. Your doctor will decide which of these is the most appropriate.

**If you have a family history of polycystic kidney disease, talk to your doctor about imaging tests.**

**Early detection can help you get the best treatment possible and prevent kidney failure.**

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