

# How to Do a Valsalva Maneuver

To help us with your ultrasound exam, we will be asking you to do a simple technique called a Valsalva maneuver.

## What is a Valsalva maneuver?

The Valsalva maneuver is a way of breathing that has you push the air out while holding your nose and mouth closed.

It is similar to what you would do when straining to have a bowel movement (go poop), but at the same time, you close your mouth and pinch your nose.

## Why do I need to do this?

We ask you to do this to create pressure inside your abdomen. This helps us see how blood is flowing in and around the area we are doing the ultrasound.

## When do I do it?

We let you know when to start and when to release your breath. We give you a signal when you need to do it. You will also hear instructions telling you what to do.

We might ask you to repeat the maneuver a few times during your ultrasound.

## How do I do it?

1. Take a big breath in.



2. Close your mouth. Pinch your nose.



3. Forcefully push out your breath against your closed mouth and nose for 10 to 15 seconds.

Wait for us to signal when you can release.



4. Release your nose and open your mouth. Breathe normally.

