

Having capillaroscopy to check for causes of Raynaud's

Department of Rheumatology

Information for Patients

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Introduction

Your consultant has referred you for a test called capillaroscopy. This test is done in people with Raynaud's syndrome to help in looking for a possible causes. The test is painless, does not cut the skin or enter any body spaces (non-invasive) and quick. It takes 10 to 20 minutes to do and the results are sent back to your consultant.

The capillaroscope is a high powered microscope that can look directly at the small blood vessels in the cuticle, just below the nail. These blood vessels are called capillaries. The appearance of the capillaries can sometimes help your medical team in finding the problem (diagnose) or dealing with it (management plan).



What is Raynaud's syndrome?

Raynaud's stops your blood flowing properly to your fingers and toes. Sometimes it can affect the nose or ears. It causes these areas of your body to feel cold, sore or numb, or change colour. It is common and does not usually cause severe problems. You can often treat the symptoms yourself by keeping warm. Sometimes it can be a sign of a more serious condition. (see more information on the last page)

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How is this test done?

- A drop of oil will be put on each cuticle in turn. It will be looked under **the capillaroscope**.
- The images will be taken and used to produce the report after the test has finished.
- 1 to 3 images will be taken of each finger in turn.
- After the test, you will wash the oil off and are free to leave the department.
- The clinician doing the test will then review the images and send a report to your requesting consultant.

Before attending

- Please do not wear nail polish or false nails for 1 week before the test. It can make the area that needs to be looked at under the capillaroscope unclear. Nail length does not matter.
- If you can, do not do anything that can cause trauma to the hands in the week before the test such as gardening, DIY etc.
- We do understand that in some cases you cannot avoid manual work. So please let the team know this when you attend. It will be taken in to account when reporting the results.

On the day of the test

- You should not smoke for 6 hours before the test. It can affect the test results.
- Do not drink tea, coffee, or any drinks with caffeine for 6 hours before the test. It can affect the test results.
- Arrive 20 minutes before your appointment time. This is important to give yourself time to get used to the temperature of the department. If you arrive later than this, you may have to wait before the test can be done.
- If you have an attack of Raynaud's before or on arrival, please tell the clinical team. They may ask that you wait in the department until the attack eases before doing the test.

After the test

- It is not possible to get the test results on the day.
- The images will be looked at, interpreted and the report sent to your consultant who asked for the test.
- Your consultant will then interpret the result in the context of your history, physical examination and blood tests (where appropriate)
- You will get the results by mail or on your next clinic visit.

Contact details

If you have any questions or concerns, please call us this number :0116 258 5264.

You can get more information from this website: <https://www.sruk.co.uk/raynauds/>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Previous reference:

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