

Nailfold videocapillaroscopy (microscopic evaluation of nailfold blood vessels)

You have an appointment for nailfold videocapillaroscopy _____

Please arrive about 15 minutes before your scheduled appointment time. This allows your temperature to stabilise so that the examination can be made.

Purpose of the examination

The examination is used for diagnosis and evaluation of treatment response of some systemic autoimmune diseases.

During the examination, the function of the small blood vessels (capillaries) in the finger nailfolds is visualised and examined.

Getting ready for the examination

You must not wear nail polish when you arrive for your appointment. Remove any nail polish at least 7 days before the examination.

Use hand cream as normal.

Do not have a manicure within a month before your appointment.

Contraindications for the examination

The examination cannot be performed if you have a potentially contagious infection of the nailfolds.

Course of the examination

The nailfolds in your fingers are first examined clinically and inspected visually. The blood vessels in the nailfolds are examined with a capillaroscope. The images are used to evaluate the function of your capillaries and look for signs of active systemic rheumatic disease.

The examination is risk-free.

Duration of examination

The maximum duration of the examination is about one hour.

Follow-up

No follow-up is necessary. You may resume your normal activities immediately afterwards.

Link [Toimenpideohjeita | Reumatolo.fi | Terveyskylä.fi](#) (in Finnish)

[Wellbeing services county of Satakunta](#)