

## **ULTRASOUND INSTRUCTIONS**

A Vascular Ultrasound study evaluates your blood vessels and blood flow. Please read all instructions thoroughly and refer to your order to know which test you are scheduled to have.

### **Important:**

- 1. CAROTID ARTERY AND TEMPORAL ARTERY STUDY:**
  - a. No special preparation required.
- 2. UPPER AND LOWER EXTREMITY, ARTERIAL AND VENOUS STUDIES:**
  - a. No special preparation required.
- 3. ABDOMINAL VASCULAR ULTRASOUND:**
  - a. No food and drink, except for noncarbonated water 6 hours before the examination.
  - b. You may take your usual medications on the day of the examination.
  - c. If you are diabetic, please take your insulin.
  - d. Do not chew gum on the day of the examination.
- 4. BLADDER VOLUME ULTRASOUND:**
  - a. Empty your bladder 1.5 hours prior to the appointment.
  - b. Drink 32 ounces of noncarbonated water within 30 minutes.
  - c. Drink all water 1 hour prior to the appointment.
    - i. Example: If your appointment is at 9 am, empty your bladder at 7:30 am, drink all your water by 8:00 am, one hour prior to your appointment.
  - d. Do not urinate until the examination is finished.
  - e. You may take all your normal medications as scheduled.

Please call 703-876-0800 for our answering service and ask to be connected to the office if you have an 8:00 a.m. appointment and you are running late or are unable to keep your appointment on the day of the test.

### **Patient instructions:**

- **Arrival:**
  - Please arrive 20 minutes prior to the time of your test.
  - You must bring the test order from your doctor to the appointment.
- **Medications:**
  - Please take all your medications unless otherwise instructed by your physician.
- Please allow 10 business days for the results of this test to be available to your doctor.
- Please do not bring children to testing appointments.
- Please do not bring food or drink to your testing appointment.

If your insurance company requires an insurance referral be sure you have obtained this prior to the time of your appointment.

A \$100 fee is charged for all appointments that are missed or not cancelled 48 hours in advance.