



## Venous Duplex & Reflux Studies Instructions

### Request:

- Please DO NOT bring children under the age of 10 to the study
- Please arrive **10 minutes early** for your scheduled appointment. If you are more than 15 minutes late, you will be rescheduled.

### Preparing for the study:

<b>24 hours before</b>	<ul style="list-style-type: none"><li>• <b>DO NOT smoke</b></li><li>• <b>DO NOT</b> eat or drink anything that contains <b>caffeine</b> (coffee, tea, chocolate, sodas, energy drinks, some pain relievers, noncaffeinated, decaffeinated, and caffeine-free products)</li><li>• <b>DO NOT</b> wear compression stockings one day before and on the day of your study</li></ul>
<b>Morning of appointment</b>	<ul style="list-style-type: none"><li>• <b>DO NOT</b> use any creams, lotions, ointments, oils, or powders over your <b>legs</b> the day of the study</li><li>• <b>Drink lots of fluids</b> before your scheduled appointment</li><li>• Wear loose-fitting comfortable clothing: 2 piece and sneakers <b>NO</b> jumpsuits, overalls, or one-piece dresses</li><li>• Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need <b>complete</b> medication names &amp; dosages.<ul style="list-style-type: none"><li>○ Sometimes blood pressure medications are combination meds which may include a diuretic. If you have any doubts or are unsure which medications you should take, bring everything with you and we can help you decide which meds to take.</li></ul></li></ul>

- If you are unable to make it to your scheduled appointment, please call 972-572-1600 **at least 24 hours ahead to avoid a \$30 tech fee**
- If you have a double study and are unable to make it to your scheduled appointments, please call 972-572-1600 **at least 48 hours ahead to avoid an \$80 tech fee**
- Dr. Nalluri or Dr. Asti will discuss the study results