

### **New Patient Ultrasound Instructions**

- 1.** Discontinue wearing compression stockings 48 hours prior to appointment.
- 2.** Hydrate well the day before your appointment.
- 3.** Refrain from drinking caffeine the day of your appointment
- 4.** Please stand and/or walk for 2 hours prior to the appointment
- 5.** Discontinue Diuretics (fluid pills) 2 days prior to exam, after discussing with your primary care physician.
- 6.** Please make the appointment for late morning/afternoon, to allow enough time for the veins to fill.
- 7.** You may bring a pair of shorts you don't mind getting gel on. It washes off easily

If you have any questions, please call us at 757-819-7633

Thank you