

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