



## **PRE-ULTRASOUND**

To ensure a smooth and useful ultrasound, please read all of the instructions carefully. Call the office with any questions.

- Arrive 15 minutes prior to your scheduled appointment to complete any unfinished registration items..
- No Caffeine (ex: coffee, tea, soda, energy drinks, chocolate, etc.) It dehydrates the body causing vein constriction, which will hinder the accuracy of the ultrasound.
- Do not wear your compression stockings at least one day prior to the day of your ultrasound.
- Please wear loose-fitting clothing. If this is not possible, we will place a drape over you before the ultrasound.
- When you check-in the day of the ultrasound, please continue to stand and/or walk around, if you are able. Do not sit.
- The ultrasound will last more than thirty minutes, please use the restroom before proceeding to the exam room.

### **NOTE**

Drink plenty of water the day before and prior to your test.  
Hydration is very important for an accurate ultrasound.