



Preparation instructions for Venous Ultrasound (Mapping)

- Please arrive for your venous ultrasound properly hydrated. Please drink eight (8 ounce) glasses of water per day the week leading up to your test. This includes the day of your vein mapping testing if possible.
- If you normally take a diuretic (water pill):
 - If taking **once** a day, do not take medication the day before your test and the day of your test. You may take it that day once testing is completed.
 - If taking **twice** a day, do not take the morning of the vein mapping testing but resume following the testing.
- Please avoid caffeine intake the day of testing.
- Please be prepared to remove shorts/pants.
- If you have open wounds that require dressings, be prepared to have the bandages removed for your vein mapping to get the best results. If need be, we recommend you schedule wound care appointments around your vein mapping appointment. You may prefer to go to wound care following the test or the day after.

The Importance of Compression Therapy

- Your physician has ordered compression therapy along with your venous ultrasound study.
- Your legs will be measured to provide the proper size of stockings that you should obtain for optimal compression therapy and comfort as well as compliance in wearing the stockings.
- Compression Therapy is an important first step in your therapy for venous insufficiency and should help your legs feel better until further therapy is determined.
- Most insurances require 3 to 6 months of medium grade compression stocking therapy prior to approving any treatment of your venous disease.