



Dear Patient,

Thank you for choosing Tri-City Vein and Vascular Center for your venous care. This document provides essential preparation guidelines for your upcoming venous ultrasound (mapping) appointment, along with details on the role of compression therapy in your treatment plan. Adhering to these instructions will help ensure accurate results and optimal outcomes.

Preparation Instructions for Venous Ultrasound (Mapping)

To facilitate a successful ultrasound examination, please follow these guidelines:

- **Hydration:** Arrive well-hydrated by consuming eight 8-ounce glasses of water daily throughout the week prior to your appointment, including the day of testing if feasible. Proper hydration enhances vein visibility during the ultrasound.
- **Diuretic Medications (Water Pills):**
 - If taken once daily: Skip the dose the evening before or the morning of your appointment, depending on your usual dosing schedule. Resume after the test is complete.
 - If taken twice daily: Skip the morning dose on the day of testing; Resume after the test is complete.
- **Caffeine Avoidance:** Refrain from all caffeine-containing products 12 hours prior to your appointment, as they may constrict blood vessels and affect results. This includes coffee, tea, chocolate, soda and decaffeinated products.
- **Clothing:** To allow easier access to your legs, you will be asked to remove lower garments.
- **Open Wounds or Dressings:** If you have wounds requiring bandages, plan to have them removed during the ultrasound for optimal imaging. We recommend coordinating wound care appointments accordingly—consider scheduling them immediately after your ultrasound or the following day.

The Importance of Compression Therapy

Your physician has prescribed compression therapy in conjunction with your venous ultrasound to support effective management of venous insufficiency.

- **Fitting and Sizing:** During your visit, your legs will be measured to determine the appropriate size and fit of compression stockings, ensuring maximum therapeutic benefit, comfort, and adherence to wear.
- **Role in Treatment:** Compression therapy serves as a foundational element of your care plan. It promotes improved circulation, alleviates symptoms, and enhances leg comfort while awaiting further treatment recommendations.
- **Insurance Requirements:** Most insurance providers mandate 3–6 months of consistent use of medium-grade compression stockings (20–30 mmHg) before authorizing advanced interventions for venous disease.

For questions or to schedule your appointment, please contact our Vein Center at **480-505-5236**. We look forward to supporting your health journey at **143 S 63rd St STE 200 Mesa, AZ 85206**.

Sincerely, The Physicians and Staff Tri-City Vein and Vascular Center