



BEFORE YOUR REFLUX ULTRASOUND INSTRUCTIONS

You will be having a specialized ultrasound of your legs to determine if you have a disease called chronic venous insufficiency, also known as venous reflux disease. In order to obtain the best images and most accurate information, it is important to follow these instructions. First, DO NOT wear compression stockings for at least 3 days prior to the ultrasound as this may obscure the results. On the day of the ultrasound, be sure to drink a lot of water and avoid caffeine. This will help keep your veins dilated so that they can be visualized more easily. The ultrasound can take up to an hour, so please keep that in mind when scheduling. Sometimes, the ultrasound will need to be done with you in the standing position—if you have physical limitations that keep you from standing for long periods of time, make the ultrasound technician aware and you will be provided resting periods or alternative positioning.