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INSTRUCTIONS FOR LOWER EXTREMITY ARTERIAL DUPLEX EXAM

NAME: _____

APPOINTMENT DATE: _____ TIME: _____ A.M. P.M. **NONDIABETIC A.M. APPOINTMENTS:**

- The night before the exam:
 1. Eat a light meal.
 2. Avoid gassy foods and dairy products.
 3. No eating after 9:00 P.M.

- The morning of the exam:
 1. May take medications with as little water as possible, otherwise no eating or drinking.
 2. No smoking or gum chewing.

 NONDIABETIC P.M. APPOINTMENTS:

- The night before the exam:
 1. Avoid gassy foods and dairy products.

- The day of the exam:
 1. No eating or drinking after 9:00 A.M. until after the test. However, take morning medications with as little water as possible.
 2. Avoid dairy products. Examples: milk, ice cream
 3. No smoking or gum chewing.

 DIABETIC A.M. APPOINTMENTS:

- The night before the exam:
 1. Eat a light meal.
 2. Avoid gassy foods and dairy products.
 3. No eating after 9:00 P.M.

- The morning of the exam:
 1. Check your blood sugar. If it is high, take ½ dose of blood sugar medication and bring the remaining dose with you to the test. If it is low, do not take any blood sugar medication and bring the full dose with you to the test..
 2. Take all other medication with as little water as possible.
 3. No smoking or gum chewing.
 4. You may bring a small snack with you to be eaten after the test.

ANY QUESTIONS CALL JUNE AT 610-770-2234.