

# VASCULAR SURGERY ASSOCIATES, L.L.C.

Roger E. Schneider, M.D., Mark D. Gonze, M.D., Peter J. Mackrell, M.D., Andre Biuckians, M.D., Kristian A. Ulloa, M.D.  
Carter B. Freiburg, M.D., Richard A. Bafford, M.D., Michael J. Osgood, M.D., Micah E. Girotti, M.D.  
Stephen T. Bartlett, M.D., Clinton D. Protack, M.D., Donald J. Hahn, M.D.

Bradford H. Houck, PA-C, Brad C. Russell, PA-C, Robert N. Dougherty, PA-C  
Kaylie N. Gonze, PA-C, Shelby E. Norris, PA-C, Nicole L. Ogle, PA-C

PATIENT: \_\_\_\_\_

## \*\*IMPORTANT INFORMATION FOR ULTRASOUND PATIENTS\*\*

DATE/TIME of your test: \_\_\_\_\_

Location/Phone: **See Below**

Ultrasound testing is a non-invasive study used to evaluate blood flow in the arterial and venous circulation.  
You are scheduled for: (circle)

**RENAL (kidney) Duplex**

**ABDOMINAL Duplex**

**MESENTERIC Duplex**

Please arrive on time. If you are more than **15 minutes late** for testing you may be rescheduled.

The technician does not give patient test results. You must get your results for the ordering physician.

## SPECIAL FASTING INSTRUCTIONS

\*\* **Eat** a light meal for dinner the evening before your testing. **NO GASSY FOODS!!!** (See page 2)

\*\* **Nothing** to eat after dinner, clear liquids till midnight (evening/night time medication taken with water).

**\*\*\* IMPORTANT \*\*\* DO NOT EAT OR DRINK THE MORNING  
OF THE TEST. DO NOT TAKE ANY  
MEDICATIONS INCLUDING INSULIN (if diabetic)**

\*\* **No gum No mints NO SMOKING**

\*\* You may bring medications with you to take after the testing is completed.

Failure to follow the above instructions may result in an inadequate test and may need to be rescheduled.  
Please call the office if you have any questions.

Upper Chesapeake Medical Center  
Klein Ambulatory Care Center  
520 Upper Chesapeake Drive  
Suite 306  
Bel Air, MD 21014  
Phone: 410-879-2006  
Fax: 410-879-0248

Greater Baltimore Medical Center  
Physicians Pavilion West  
6569 N. Charles Street  
Suite 701  
Towson, MD 21204  
Phone: 410-825-4928  
Fax: 410-825-2870

St. Joseph Medical Center  
O'Dea Medical Arts Building  
7505 Osler Drive  
Suite 302  
Towson, MD 21204  
Phone: 410-296-3845  
Fax: 443-275-7679

Union Hospital  
Medical Professional Building  
111 West High Street  
Suite 103  
Elkton, MD 21921  
Phone: 443-406-3601  
Fax: 443-406-3566

Sinai Hospital  
Morton Mower Building  
2411 West Belvedere Avenue  
Suite 304  
Baltimore, MD 21215  
Phone: 443-640-4827  
Fax: 410-601-0530

Carroll Hospital  
Hunter Professional Center  
902 Washington Road  
Suite E  
Westminster, MD 21157  
Phone: 443-289-9277  
Fax: 443-289-9278

VSA LLC at Box Hill Corp Center  
3435 Box Hill Corp Ctr Drive  
Suite H  
Abingdon, MD 21009  
Phone: 443-456-3664  
Fax: 443-456-3647

VSA LLC at Yorkridge Center  
1840 York Road  
Suite E  
Lutherville, MD 21093  
Phone: 443-991-4745  
Fax: 443-991-4370

[www.vascularsurgeryassociates.net](http://www.vascularsurgeryassociates.net)  
Toll free: 1-855-648-9982

## **Foods to Avoid**

**Milk, Ice Cream, Yogurt**

**Apples, Peaches, Prunes, Pears**

**Onions, Peppers, Broccoli, Cauliflower, Cabbage, Brussel Sprouts, Beans**

**Spicy Foods**

**Wheat or Oat Breads, Cereal**

**Carbonated Drinks**

**Chewing Gum, Hard Candy**

**Smoking**