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## **PRE-VEINUS ABLATION & U.S.G. SCLEROTHERAPY INSTRUCTIONS**

**Date:** \_\_\_\_\_

**Dear:** \_\_\_\_\_ **D.O.B** \_\_\_\_\_ **Chart #:** \_\_\_\_\_

**You are scheduled for Venous Ablation or U.S.G. Sclerotherapy (injections of varicose veins and spider veins) on:** \_\_\_\_\_.

1. Keep yourself well hydrated with water, juice, and milk, especially the few days prior to your procedure. Avoid caffeine-containing drinks (i.e, coffee, tea, and soda) and chocolate as well.
2. Keep an empty stomach for at least 2 hours prior to the scheduled procedure. You do not have to fast overnight. Drink fluids up until the point of the time prior to the procedure. A bottle of water will be available for patients as soon as they arrive in the office.
3. Take Aspirin 325mg night before the procedure. You may take Tylenol, Motrin or Aleve if needed for pain, before & after the procedure.
4. You do not have to stop aspirin, diabetic medication (oral medication and/or insulin), but it is a good idea to hold on Coumadin the night before.
5. Stop your iron pills and antibiotics like doxycycline or tetracycline (antibiotics ending with cycline) 48 hours prior to the procedure.
6. Bring your list of medications the day of the procedures and clearly define your allergies to us.
7. **Bring your compression stockings with you**, as you will need to wear them home. If you do not have any, please let me know so I can help you obtain them.

**If you have any questions, please don't hesitate to call me at: Toll-free 1-877-849-0923.**