



Cardiovascular Medicine, P.C.

VEIN ABLATION PROCEDURE

Patient Preparation Instructions

_____ Davenport Diagnostic Center
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport, IA 52803
(563) 324-2992

_____ Moline Diagnostic Center
1100 36th Avenue
Moline, IL 61265
(309) 743-6700

Your procedure is scheduled on: DATE: _____ TIME: _____

Your follow-up ultrasound is schedule on: DATE: _____ TIME: _____

- **Please read these instructions carefully. Failure to follow these instructions may require the procedure to be rescheduled.**
- **If you need to cancel or reschedule procedure test you MUST call 48 hours prior to your appointment time.**
- **If your insurance has changed since the time your procedure was scheduled, please check with your current insurer to see if test pre-certification is required.**

What is a vein ablation procedure?

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Venous reflux disease develops when the valves of the legs became damaged or diseased. Using ultrasound, a physician will position a small catheter in the diseased vein through a tiny opening in the skin. The catheter delivers radiofrequency (RF) energy to the vein wall. As the RF energy is delivered and the catheter is withdrawn, the vein wall is heated, causing the wall to shrink and the vein to close. Once the diseased vein is closed, blood is re-routed to other healthy veins.

How to prepare for the procedure:

- Wear **loose fitting**, two-piece clothing, undergarments, and flat shoes that are easy to put on.
- Notify us if you are taking Coumadin, Warfarin, Plavix, a diuretic (water pill), or are on hormone replacement therapy prior to the procedure.
- Please drink at least 24 oz. of water 2 hours prior to the procedure. Do not eat solid food 4 hours prior to the procedure.
- Please shave the entire leg to be treated, well into the groin area.
- You may not be able to drive home. Please arrange for someone to drive you home.

Upon arrival at the doctor's office...

A member of our staff will escort you to an exam room, explain the procedure, and ask you to sign a consent form. You will be asked to remove your outer clothing from the waist down. A technician will place a small amount of gel on a special device called a transducer and examine your leg. Your physician will numb a small area of your leg with a local anesthetic and insert the catheter. Following the procedure, a bandage will be placed over the insertion site and your leg will be wrapped to aid healing. Your doctor will encourage you to walk, and to refrain from extended standing and strenuous activities for a period of time. You may resume normal activity in 1 - 2 days. The procedure may take 1 - 2 hours to complete.