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At Center for Vascular Intervention, we understand that a visit to the doctor can often be stressful, especially when you are not feeling well or have a pain that won't subside. To maximize your office visit, please review the steps below for simple helpful hints and guidelines.

### **Before Your Office Visit**

- Make notes of your symptoms or wound(s), including the order in which they appeared, as well as anything that makes them better or worse.
- Bring a current list of all medications you are currently taking, including prescriptions, over-the-counter drugs, herbal products and vitamins.
- Bring a list of allergies - especially any concerning medicine or food.
- Know your personal and family medical history, including surgeries, serious illnesses, etc.
- Evaluate your lifestyle habits, including eating and drinking habits, as well as how much you sleep or exercise.
- Make a note of any other health concerns about which you may want to discuss with your doctor.
- Bring any important medical information you may have, including past lab work, x-ray/CT/MRI disks, etc.
- Bring the address, phone and fax numbers of the pharmacy you prefer to use.

### **During Your Office Visit**

- Review the items listed above with your doctor.
- Based on your signs and symptoms or the location of your wound(s), your doctor may order an **in-office ultrasound** to evaluate your **arteries** or **veins**.
- Ask your doctor questions, including what he/she thinks the diagnosis/problem may be, as well as what additional tests, if necessary, are needed.
- Make sure that you have a clear understanding on what your role is in treating your condition, as well as what you can do in the future to prevent any recurrences.

### **After Your Office Visit**

- Make sure you keep and read all educational material given to you.
- If you don't understand any of the instructions, please don't hesitate to call the Center for Vascular Intervention for clarification.
- If you are scheduled for a follow-up visit, it is highly important to keep your appointment.
- If you are scheduled for additional diagnostic procedures, make sure to keep your appointment and bring a disk of the images with you.