

**PERIPHERAL VASCULAR LABORATORY (PVL)
ABDOMINAL ARTERIAL EVALUATION
Patient Instructions**

In order to perform an adequate diagnostic exam, you must be prepared to assure that you are well hydrated with minimal bowel gas.

Aortic, Iliac, Mesenteric, Celiac, and **Renal Arteries**

A. General instructions:

1. Begin prep at **NOON** on the day **BEFORE** the scheduled exam.
2. Take all of your routine medications.
3. Diabetics should take insulin as needed and adjust your eating regimen to meet diabetic requirements.
4. Drink clear liquids only. **NO CARBONATED BEVERAGES** (Soda or Seltzer Water)!!!
5. Follow the Special Diet instructions below beginning at *noon* the day *before* the scheduled exam.

B. Special Diet for the **DAY BEFORE THE EXAM.**

Time	Food Items Allowed	Food Items Not Allowed
Lunch (12:00 noon)	1 cup bouillon soup with crackers 1 chicken or turkey white meat sandwich, plain 1 glass clear apple or clear grape juice 1 serving of plain gelatin (Jell-O, etc)	NO MAYONNAISE, LETTUCE, WHIPPED CREAM, OR FRUIT
1:00 p.m.	1 (or more) full glass(es) of water	
Dinner (5:00 p.m.)	1 cup bouillon 1 glass clear apple or clear grape juice 1 serving of plain gelatin (Jell-O, etc)	NO WHIPPED CREAM OR FRUIT
6:00 p.m.	1 (or more) full glass(es) of water	
8:00 p.m.	1 (or more) full glass(es) of water	

C. Special Instructions for the **DAY OF THE EXAM**

Morning of the exam	Small sips of water to take meds with only	Nothing to eat until after the exam No gum chewing No Smoking
20 minutes prior to exam	Take 2 tablets for gas (Mylanta, Maalox, etc.) Empty your bladder Exam may take 1 hour	