

## Access Patient Instructions

### VASCULAR CENTER OF NEPHROLOGY ASSOCIATES OF NORTHERN VIRGINIA

You have an appointment at **Vascular Center of Nephrology Associates of Northern Virginia**

Located at: 13135 Lee Jackson Memorial Highway, Suite 145, Fairfax, VA 22033

On: \_\_\_\_\_ At: \_\_\_\_\_  
Day / Date Time

If you are unable to keep your appointment, please call 703-378-1360 to reschedule.

#### 10 steps to make your appointment a success

- ① Please arrive 30 minutes before your appointment time for pre-registration.
- ② Please bring your insurance card(s) with you to your appointment.
- ③ You must have someone with you who can drive you home. You may be given medication that will make you drowsy.
- ④ Please do not bring any valuables with you; no jewelry, no money, etc.
- ⑤ Please do not wear any makeup or fingernail polish.
- ⑥ Please wear comfortable clothing. You will be changing into a hospital gown for your procedure.
- ⑦ Please do not eat or drink anything within 8 hours of your appointment.
- ⑧ Consult your referring physician regarding taking your regularly prescribed medications. Do not take any medications that your physicians hasn't recommended; i.e. aspirin, vitamins, etc.
- ⑨ If applicable, do not take insulin **but**, check your blood sugar. Contact your physician immediately with any concerns related to your sugar level status.
- ⑩ Following your procedure, DISCHARGE INSTRUCTIONS will be provided for you. Please follow these instructions, unless advised otherwise by your physician.