## Cardiovascular Genetics (CVG) Research Subjects' Instructions for the Brachial Artery Flow-Mediated Dilatation Test at the SLC VA Medical Center

- 1. For at least 48 hours before test: <u>no</u> antioxidant supplements (high doses of vitamins A, C, or E, or beta carotene, but a standard multi-vitamin is ok)
- 2. For at least 24 hours before test: no exercise
- 3. For at least 12 hours before test: <u>no</u> tobacco, caffeine, alcohol or food—water is <u>allowed</u> and encouraged
- 4. Drive from CVG to the SLC VAMC (see map below):
  - a. Take Wakara Way heading West down the hill
  - b. Make a Right turn on Foothill Drive,
  - c. Turn Left to enter the VA Campus, either at Foothill Drive **OR** at 5<sup>th</sup> South.
- 5. Turn onto on Bennion Blvd. (Right turn from Foothill entrance, Left turn from 5<sup>th</sup> South entrance), and drive towards Building 2
- 6. Park (see map below) in "Research Patient" parking spots in front (East) of Bldg 2
- 7. Walk into main (East) entrance of Bldg 2.
- 8. You will be met in the lobby by someone from Dr. Richardson's lab.
- 9. Call lab at 801-582-1565 x1495 (Heidi Britton or other) if no one is there to let you in. (Study is done in Room 1D21, but a lab tech will need to come to let you inside past the lobby.)
- 10. Test will take about 45-60 minutes. Please keep your appointment!

## THANK YOU!

**Driving/Walking Map** 

## Driving from 2. Enter 4. Walk into CVG on **Driving Lobby Here** Wakara Way (Left turn) North To University of Utah Med 3. Park Here Affairs Medical Center ake City Health Care Sy and University Foothill Drive Entrance 2. Enter Driving (Left turn) 1. Turn Right To Parleys Canyon and I-80 on Foothill 5th South Entrai **Building. 2**