

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: **no** 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: **no** tobacco, caffeine, alcohol or food—water is **allowed 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

