

8327 Davis Street  
Suite 101  
Downey, CA 90241  
562 904-6027



3737 Martin Luther King, Jr Blvd  
Suite 401  
Lynwood, CA 90262  
310 604-0443

CardioMedicalConsultants.com

Amin Farah, M.D., FACC

Jamie Weiss, M.D., FACC

Tanvir Hussain, M.D.

## **ENHANCED EXTERNAL COUNTER PULSATION (ECCP) INSTRUCTIONS**

### **PREPARATION**

- ❖ Diet: Eat and drink as normal.
- ❖ Clothing: Patients should wear clothes that are tight-fitting and elastic to prevent irritation from the cuffs
- ❖ Medication: Take your medication as prescribed.
- ❖ Insurance: If you are covered by an insurance plan that requires pre-authorization from your primary care physician, please make those arrangements prior to your visit.

### **BRIEF EXPLANATION OF SEQUENCE OF ECCP TREATMENT**

- ❖ You will lie on your back.
- ❖ Patients are placed on a comfortable table and pneumatic stockings or cuffs are fitted to the calf and lower and upper thighs on each leg.
- ❖ These cuffs are hooked-up to a monitor which enables the physician to make adjustments to the pressure.
- ❖ An ECCP treatment usually takes about one hour.
- ❖ Treatment is daily, 5 days a week for a total of 35 treatments. Treatments may extend from five to twelve weeks or more.

### **AFTER ECCP TREATMENT**

- ❖ Patients generally are instructed to resume normal activities immediately after an ECCP treatment.
- ❖ After the early treatments, a patient may feel fatigued but this is generally short-lived.
- ❖ Over the coming weeks, there may be an increase in stamina and energy.

**Side effects of ECCP are generally mild and rarely become severe enough to discontinue treatment. They include:**

- ❖ Fatigue, muscle aches, headache or dizziness (generally mild)
- ❖ Skin irritation or chafing around the cuffs
- ❖ Sores on the leg where pressure has been applied
- ❖ If any of these symptoms cannot be described as mild or transitory, please contact your physician.
- ❖ Possible bruising if you are on blood thinners.

### **QUESTIONS/CONCERNS**

You will be contacted the day before your test to confirm your appointment time. Any questions or concerns you may have can be answered at that time or you may call our office.

**Thank you for your time and cooperation.**