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Instructions for External Counterpulsation Therapy (ECP)

Your doctor feels that you would be a great candidate for ECP therapy. This is a non-invasive therapy for patients who suffer from coronary artery disease and symptoms stemming from this disease. If you have questions regarding ECP therapy, please give our office a call.

- **DO NOT** eat or drink anything, including water, for 90 minutes before your appointment, with the exception of water needed to take medications.
- **DO NOT** take diuretics (water pills) prior to your morning treatment. Bring them with you and take them after your treatment. If you have an afternoon treatment, take your diuretic in the early morning as usual. You may take all other medications as prescribed.
- Wear or bring a loose-fitting shirt that buttons up the front.
- Treatment pants will be provided. Men should wear briefs, not boxers. Women should wear form-fitting underwear. Wear or bring ankle socks to keep feet warm.
- Diabetics, those with fragile skin, and/or patients prone to bruising should wear support pantyhose under the treatment pants.
- Examine your skin daily and report to the technician any signs of irritation.
- Keep track of your angina episodes and be prepared to provide details to the technician to help assess your progress.
- It is important to complete seven consecutive weeks of therapy for best results. Try to avoid any interruptions during that time period.
- Try to drink at least 6-8 glasses of clear liquids daily **after** treatment. Patients on fluid restriction should check with their physician.

Libertyville Office Location

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Gurnee Office Location

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