Enclosed is information regarding your first appointment for the Vanderbilt INFORM study at the Vanderbilt Imaging Science building on main campus. Your appointment will last approximately 90-minutes which includes a noninvasive MRI to take baseline measurements of your lymphatic system.

**Location for the study:** Vanderbilt University Institute of Imaging Sciences (VUIIS) at 1161 21st Avenue South, Medical Center North, Nashville, TN 37232-2310

**Parking** is available across the street from VUIIS in the East Garage at 1210 Medical Center Drive. You enter into the parking garage off Medical Center Drive. Please see attached map for better visual details.

The VUIIS building (glass building) is on the corner of Medical Center Dr and 21st Ave. When you come out of the East Garage walking towards Medical North Building, you will see this VUIIS glass building which is attached to the Medical North building in the front. **Go down the large set of concrete steps** leading down to **the entrance of this glass building**. (Note there is a fire lane just in front of the building before the steps going down.) Go through these double glass doors and I will meet you here in this waiting area (green chairs) next to the elevator. **Please Note:** It is easiest if you go down the steps (or use outdoor elevator by the steps) marked by the **black arrow** in the picture instead of entering the brick building (Medical Center North) attached to this glass building since Medical Center North is quite confusing to wind around to the Imaging Institute even though the buildings are technically attached.

**Visual Directions to VUIIS Imaging Institute**

- Do not enter Medical Center North brick building
- Enter VUIIS Imaging glass building
**Yellow Path**
is walking route from East Garage if you self-parked following the sidewalks.

**Green path**
is another way out of East Garage but no direct walking path to cross Medical Center Drive.

**Blue path**
is coming from East Garage Valet Parking which you can access off 21st Ave.
Preparation for your appointments

Please note the following:

- No metal or plastic clips, zippers, earrings, watches can be worn in the MRI (wedding bands/rings are okay to wear). We have scrubs to change into if needed, but if you’d like to wear clothes that do not have any clips, snaps, zippers, then you can choose to wear your clothes into the scanner instead of changing into scrubs. **Any bra or cami that does not have adjustable bra straps, underwire or clips to fasten garment is okay to wear**, i.e. sports bra style or a sleeveless shirt or cami without adjustable bra straps.

- If able, please wear a cami without adjustable bra straps or sleeveless shirt under your clothes as we will take arm measurements up to the underarms after your MRI scan.

- Please try not to drink any caffeine 3-hours before your appointment and any alcohol 12hours before your appointment.

If for any reason you need to cancel, please let me know ([Helen Mahany](mailto:helen.b.mahany@vanderbilt.edu) 615-343-7182 or email: helen.b.mahany@vanderbilt.edu). We are able to cancel our research scans and not have to pay for the time if we give 24-hour notice. If you have any questions or concerns, please contact me at any time. I also enclosed a copy of the consent form for the study and a pamphlet for this aspect of our study. Please note that you will not be having manual lymphatic drainage done, but it is a potential option if you are interested in the future.

My team and I look forward to meeting you and please do not hesitate to contact me at any time.

Best wishes,

**Helen Mahany**

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