



SPINE & JOINT  
PAIN SPECIALISTS

## Preparing for YOUR Procedure

**It is important that you follow the instructions below or your procedure may be cancelled. Your time is valuable, and we want your procedure scheduled at the *RIGHT* time, *RIGHT* place on the *BEST* day!**

1. It is very important that your skin be clean prior to the procedure. Please cleanse with HibiClens or Dyna-Hex for 3 days before and the morning of your procedure and sleep on clean linens.
2. For your body to be ready for our surgical procedure, it needs to be at its healthiest. If you have ANY fever or any feeling of sickness, **TELL US IMMEDIATELY.** If you have been sick, or are taking antibiotics, we need to know immediately.
3. If a MRI, CT Scan or X-rays were ordered for your procedure, they need to be performed and the report delivered to us PRIOR to your procedure Or your procedure will be **canceled.**
4. **DO NOT eat or drink anything 10 hours before your procedure.** You may take medications with a SMALL sip of water (less than 1oz). If you are diabetic and having low blood sugar, you may take a mixture of 4oz of water and 2 Tablespoons of sugar. If you must take this mixture, PLEASE share this information with your physician on arrival.
5. We ask that a responsible adult drive you to the office. At check in, we will evaluate how long until the procedure is completed. Discharge instructions will be shared with you when the doctor discusses the procedure, and with your driver by phone after the procedure.
6. **PLEASE wear loose fitting clothing**, preferably elastic waist pants with a t-shirt and low-heeled shoes on the day of your procedure. Please leave all your valuables at home (wear no jewelry, bring no cash, etc..). **DO BRING your insurance card and identification.**
7. If you are diabetic, please monitor your blood sugar closely after the procedure. The steroid injections can increase glucose levels.
8. Please arrive 30-40 minutes prior to your scheduled procedure time, so we can insure you are registered and prepared for the procedure.
9. PLEASE MAKE SURE to inform the physician and the staff if any of the following apply:
  - a. You have an allergy to x-ray dye, iodine, shellfish and/or LATEX
  - b. You may be pregnant.

10. PLEASE no dental work within 7 days prior to your procedure to include teeth cleaning.

11. PLEASE let us know if you are taking **ANY** of the **FOLLOWING blood thinning medications**. They may need to be stopped 8-14 days PRIOR to your procedure ONCE permission is received from the prescribing physician. **DO NOT STOP taking the medication until we let you know the prescribing physician indicates is acceptable.** Usually, YOU MAY restart the medication 24 hours after your pain management procedure. **If the medications are NOT prescribed by a physician, please stop 8 days before your procedure.**

The blood thinning medications are:

- \*Herbals containing ginger or ginko biloba
- \* Fish Oil/Omega/Garlic
- \*Aspirin or aspirin containing medication
  - Excedrin (acetaminophen, aspirin, caffeine)
  - Equagesic (meprbamate and aspirin)
  - Synalogos-DC, BC powder (aspirin, caffeine, and dihydrocodeine)
- \*Non-Steroidal anti-inflammatory drugs (NSAIDs)
  - Advil/Motrin (Ibuprofen)
  - Aleve, Anaprox DS, Mediproxen (Naproxen)
  - Mobic (meloxicam)
  - Arthrotec (diclofenac sodium, misoprostol)
  - Relafen (nabumetone)
  - Daypro (oxaprozin)
  - Celebrex (celecoxib)
- \*Heparin and heparin type drugs:
  - Lovenox (Enoxaparin)
  - Innohep (Tinzaparin)
- \*Coumadin/Jantoven (Warfarin)
- \*Plavix (Clopidogrel)
- \*Pletal (Cilostazol)
- \*Trental (Pentoxifylline)
- \*Fragmin (Dalteparin), Normiflo (Ardeparin)
- \*Persantine (Dipyridamole)
- \*Xarelto (Rivaroxaban)
- \*Ticid (Ticlopidine)
- \*Aggrenox (Dipyridamole/aspirin)
- \*Arixta (Fondaparinux)
- \*Effient (Prasugrel)
- \*Orgaran (Damaparoid)
- \*Pradaxa (Dabigatran)
- \*Eliquis (Apixaban)

**Do NOT stop your PRESCRIBED BLOOD thinning medications unless we notify you that your DOCTOR AGREES.**