



SPINE & JOINT
PAIN SPECIALISTS

Instructions for Your Upcoming Procedure

Your time is valuable, and we want you to be prepared for your procedure.

Please do the following on the day of your procedure:

- Arrive 30-40 minutes prior to your procedure time
- Bring your identification and insurance card (and method of payment as needed)
- Leave any jewelry or valuables at home. We are not responsible for lost items
- Bathe the morning of the procedure utilizing soap or a cleanser like HibiClens/Dyna-Hex
- Wear comfortable loose fitting clothing
- Have a responsible adult drive you to and from your scheduled procedure.

There are certain conditions that can cause your procedure to be canceled.

Your procedure WILL BE canceled and rescheduled if:

- You have not completed the MRI/CT ordered by your Provider. We cannot do the procedure without that report.
- You have not stopped your **blood thinning medications**. You should only stop your **prescription medications** as directed by your provider. The following over the counter herbal supplements and medications are considered blood thinning and they must be stopped for **SEVEN (7) days** prior to your procedure:
 - Herbals containing Ginger or Ginko Biloba
 - Fish Oil/Omega/Garlic
 - Aspirin or Aspirin containing medication like Aspirin/Excedrin/Equagesic
 - Non-Steroidal anti-inflammatory drugs like Advil/Motrin/Aleve/Naproxen
- You are currently taking antibiotics for an acute illness.
- You are **ill/sick** in any capacity.
- **You ate or drank anything within 10 hours** of your scheduled time of your procedure
 - You can take your regularly prescribed medication with a small sip of water
- You had **dental work** performed within **the last 7 days to INCLUDE** getting your **teeth cleaned**.
- **You have not stopped your weight loss medication of semaglutide-type drugs (such as Ozempic, Wagovy, Zepbound (Mounjaro), Trulicity, etc.) for at least 7 days**, when you are scheduled for your procedure at the Surgery Center.

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

(see blood thinning medication list)