

**Washington Interventional Spine Associates, P.S.**  
Ray Baker, M.D. | Paul Dreyfuss, M.D. | Douglas Burns, M.D.  
Phone (425) 454-1111 Fax (425) 454-7653  
www.spineinjections.org

**Patient Name:** \_\_\_\_\_

**Date of Service:** \_\_\_\_\_

**Check in Time:** \_\_\_\_\_

**Overlake Surgical Center**  
1135 116<sup>th</sup> Ave NE, Suite 300  
Bellevue, WA 98004  
Phone: (425) 709-2500

**Please bring your MRI and /or CT films to your appointment**

**Directions**

**I-405 Northbound: (From Renton)**

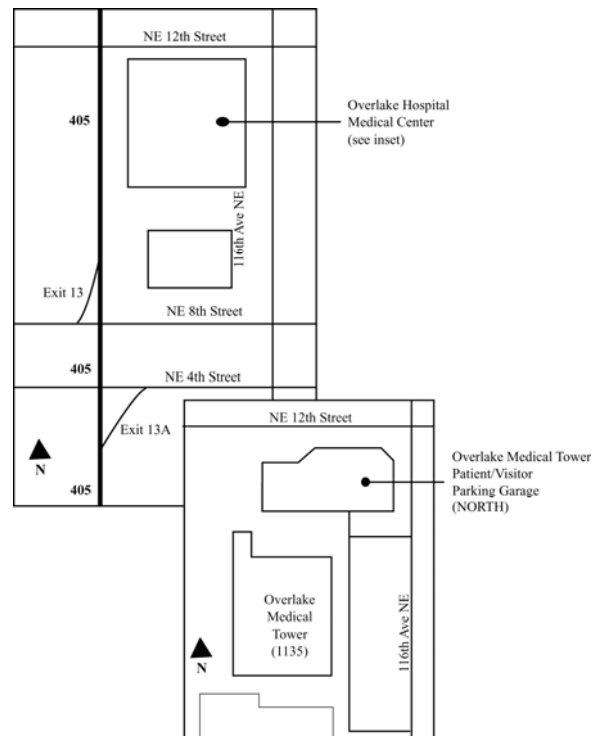
Take exit 13A off I-405 at NE 4<sup>th</sup> Street. Turn right on NE 4<sup>th</sup> Street (eastbound). Turn left on 116<sup>th</sup> Ave NE. Go past the traffic light and entrance to Overlake Hospital Emergency. Go to the next Overlake entrance just before you reach NE 12<sup>th</sup> Street. Take a left into the Overlake campus then take an immediate right into the North parking garage.

**I-405 Southbound: (From Everett)**

Take exit 13 off I-405 at NE 8<sup>th</sup> Street (Eastbound). Merge to the furthest left lane and turn left at the first traffic light onto 116<sup>th</sup> Ave NE. Go past the traffic light and entrance to Overlake Hospital Emergency. Go to the next Overlake entrance just before you reach NE 12<sup>th</sup> Street. Take a left into the Overlake campus then take an immediate right into the North parking garage.

- The Overlake Surgery Center is directly off the elevator in Suite 300.

- Take a parking ticket and bring it with you to the center for validation.
- Take the parking garage elevator to Level 1.
- Go right off the elevator, down the long hall past the espresso stand and turn left at the Medical Tower elevators.
- Take the elevator to the 3<sup>rd</sup> floor.



## Medication Instructions

**Take your routine required medications (including heart, lung, high blood pressure and diabetic pills) before the procedure with sips of water only.** If you use an asthma inhaler bring it with you.

### **Medications to be held before pain management procedures:**

**Do not take your regular pain medicine for 6 hours before** the procedure so that the physician can better assess your condition. If you are receiving a diagnostic procedure it will be best to not take pain medication in the first 6 hours after the procedure so that optimal diagnostic information is obtained.

Many medications can thin the blood and/or affect the clotting mechanism increasing the risk of bleeding. Excessive bleeding following a procedure can, at times, have serious effects including permanent nerve injury. Your physician may not perform a scheduled procedure if the medications below are not held before the procedure. **Please call the office if you are on one of these medications listed below.** You may resume these medications the night of the procedure.

### **Drugs**

### **Hold Before Procedure**

Sub-cutaneous drugs: **Heprin, Lovenox** (Enoxaparin), **Innohep** .....at least **12 hours**  
(Tinzapaarin), **Fragmin** (Dalteparin), **Normiflo** (Ardeparin)

**Coumadin** (Warfarin), **Orgaran** (Damaroid)..... **6 days**  
We will need to arrange a blood draw (INR) the day of the procedure if you are on  
Coumadin

**Plavix** (Clopidogrel) .....**10 days**

**Ticlid** (Ticlopidine) ..... **14 days**

**Aspirin** (Cervical Procedures Only)..... **7 days**

**Garlic, Ginseng, Vitamin E (more than 400 IU/day), Feverfew, Ginger, Saw  
Palmetta,  
Dong Quai, Bromelain, Omega –3, Chondroitin** (Cervical Procedures  
Only)..... **7 days**

**Ginko Biloba** (Cervical Procedures Only)..... **2 days**