

Pre-Procedural Instructions

General Instructions:

- Have an **adult (≥ 18) driver whom you know personally** bring you and pick you up at the surgery center. If you are taking a cab or ride the bus, you will need to bring a friend or family member to accompany you after the procedure. The cab/bus driver is not considered a companion. You cannot drive the day of your procedure.
- **Do not eat, drink or chew for four hours** before the procedure except sips of water needed to take routine required medications. This includes no gum or mints by mouth.
- Allow 2-3 hours for check-in, evaluation, procedure and recovery.
- You will need to follow-up with your referring physician regarding continued management of your condition.
- If you are on **antibiotics** please notify our office, we may need to wait to do the procedure. **If you have an active infection or fever, we will need to reschedule the procedure.**
- Please bring a list of your **current medications**.
- If you are taking a **Medrol Dose Pak** or **oral steroids (prednisone)** please contact our office as we may ask you to stop these medications if you are receiving a cortisone injection
- Please **bring all MRI's, CT scans, CT/myelograms, and bone (SPECT) scans** of the area that we are treating. This is your responsibility. Do not trust someone else to send the films to us. Bring the actual films/CDs and not just a report. The physician will use these films to decide how to perform your particular injection.
- If you are **diabetic** contact the doctor treating your diabetes regarding possible **medication changes** the day of and several days after your procedure.
- If you are having a cervical (neck) procedure, do not wear any jewelry on the ears or neck. Men should be clean shaven from the chin to the neck.
- **Let us know** if you have a known **allergy or severe side-effects** to x-ray dye (**contrast agents**), latex, **cortisone** or **anesthetics**.
- If you are having a **diagnostic** medial branch block (MBB) or nerve root block (NRB) you **need to have enough pain** the day of the procedure **to be able to easily tell if the injection removes your typical pain**. If you are not having enough pain that day, the procedure may need to be rescheduled.
- If there is any chance you are **pregnant** we **cannot perform** an x-ray guided **injection**.
- Let us know if you are a nursing mother. If you receive IV sedation you will need to modify your nursing schedule that day.
- In most cases plan to be off work the day of your injection.
- If you have any questions or need to reschedule, please call **(425) 454-1111**.

Medication Instructions

Take your routine required medications (including heart, lung, thyroid, 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 pain medicine for 6 hours before any diagnostic procedure so that the physician can better assess your condition. Also, if you are scheduled for a diagnostic procedure it will be best to not take pain medication in the first 4 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: **Hepirin, Lovenox** (Enoxaparin), **Innohep**at least **12 hours**
(Tinzapaarin), **Fragmin** (Dalteparin), **Normiflo** (Ardeparin)

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

Pradaxa (dabigatran).....**5 days**

Plavix (Clopidogrel)**10 days**

Ticlid (Ticlopidine)**14 days**

Aspirin if > 81 mg (i.e. baby aspirin) (if having a cervical procedure)..... **7 days**

Garlic, Ginseng, Vitamin E (more than 400 IU/day), Feverfew, Ginger, Saw Palmetta, Dong Quai, Bromelain, Omega -3, Chondroitin (recommend holding these medications if having a cervical procedure).....**7 days**

Ginko biloba (recommend holding if having a cervical procedure)..... **2 days**