



Patient Name: _____

Important instructions before your injection

Please Read Carefully

All patients are required to have a responsible adult **Drive Them Home** after their procedure. You may not take a taxi home unless there is a responsible adult with you to accompany you home (this does not include the taxi driver).

Do NOT eat or drink for **8 hours** prior to procedure. You may have clear liquids up to **6 hours** before the procedure

- **NSAIDS** (anti-inflammatory medications) and products containing *Ibuprofen* are to be held for **4 days** prior to their procedure such as but not limited to:
ALEVE, ADVIL, NAPROXEN, MOTRIN, CALDOLOR, VIMOVO, MELOXICAM (MOBIC) AND CELEBREX (CELECOXIB).
- Hold products containing *ASPIRIN* **7** days
- *COUMADIN* is to be held **6** days
- Hold *PLAVIX* **10** Days
- Hold *TRICLOPIDINE* (ticlid) **14** days
- Hold *Omega 3* (Fish oil) **7** days

WHAT SHOULD I KNOW before I come for a procedure at IPM?

- All patients are advised to have a responsible adult drive them home from the procedure. You may not take a taxi home unless there is a responsible adult with you to accompany you home (this does not include the taxi driver).
- Most injections performed at Interventional Pain Management are done under local anesthesia and sedation.
- It is a good idea to take all of your regularly scheduled medications the day of your procedure, except those medications that make your blood thin (Refer to list of medications to avoid prior to the procedure) unless you have been instructed otherwise
- **Patients with diabetes:** Please note that your blood sugar levels may go up temporarily for up to two weeks after your procedure. You will need more frequent testing of your blood sugar. Please contact your primary physician to discuss dosage alterations for your diabetes' medications during this period.

WHAT SHOULD YOU EXPECT WHEN YOU COME FOR A PROCEDURE ?

- The physician will obtain **consent** for the procedure.
- Your procedure is likely to be done under fluoroscopy, so notify the staff if there is a possibility of being pregnant.
- Your blood pressure, heart rate and oxygen saturation will be checked.
- The area to be injected will be cleansed and a local anesthetic will be injected into the area, followed by the appropriate procedure.
- All patients are required to stay at least fifteen (15) minutes after their procedure. Longer stays may be required at the discretion of the physician.
- You may experience some immediate relief of pain following your procedure, but allow for a week to experience significant effect from the long acting medication (steroid).

Medications to avoid prior to your procedure

YOU MUST AVOID taking any medication that may thin your blood and place you at an increased risk for bleeding. Always check the label of any medications that contain a combination of ingredients. If you take a medication that you don't see listed, call the office and ask us about it. If you take daily aspirin or Coumadin, you need to talk to the doctor prescribing it to ask how many days you can be off it before your procedure. We may test your blood for residual drug effect prior to the procedure.

- Any products containing **aspirin** including: Alka-Seltzer, Ecotrin, Bufferin, Ascriptin, Bayer aspirin, Excedrin, Fiorinal, Pepto-Bismol, Percodan, Equagesic, Anacin and Talwin, Prasugrel.
- Any products containing **ibuprofen** including: Advil, Dimetapp Sinus, Dristan Sinus, Sine-Aid, Arthritis Foundation, Bayer Select Relief Formula caplets, Midol, Motrin, Nuprin and Vicoprofen.
- Any products containing other **anti-inflammatory** medicines including: Arthropan, Doan's Pills, Choline Magnesium Trisalicylate, Trilisate, Diflunisal, Dolobid, Ansaid, Nabumetone, Relafen, Orudis, Actron, Keotprofen, Oruvail, Piroxicam, Feldene, Aleve, Naproxen, Naprelan, Indocin, Indomethacin, Etodolac, Lodine, Ketorolac, Toradol, Cataflam, Diclofenac, Voltaren, Oxaprozin, Daypro and Arthrotec. Also avoid Vioxx, diclofenac, Celebrex, Bextra and Mobic which may thin the blood. Also avoid Meloxicam three days prior to your procedure.
- Other **blood thinners** including: Coumadin (**notify the doctor if you are taking this medication**), Warfarin, Heparin, Enoxaparin, Lovenox, Palvix, Dipyridamole, Eliquis, Persantine, Trental, Pentoxifylline and Ticlopidine. Also avoid **Garlic** and **Vitamin E**.
- **If you take any dietary supplements and herbal medications, please discontinue 10 days prior to injection.**

The following pain medications are OK to take before your procedure:

- Selected pain medications including: Tylenol, Vicodin, Lortabs, Percocet, OxyIR, MSIR, MS Contin, Oxycontin, Dilaudid and Methadone. Also muscle relaxers and nerve pain medications are okay.

Please do not bring any valuables with you on the day of the procedure, as we are not responsible for any lost or misplaced items!