

## INSTRUCTIONS: BEFORE THE PROCEDURE

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- ❖ If you are planning to have sedation, you **MUST** have a designated driver bring you home or someone accompany. Before coming in on the day of your procedure please arrange for transportation home. If you are unable to find some one to bring you home, please contact our office so we can help arrange services for you.
- ❖ If you are taking “blood thinners” such as Plavix, Coumadin, Lovenox (please see the Guidelines on Anticoagulation and Neuraxial Blocks form) - make sure we are aware **AT EVERY VISIT**. You will need to have the physician responsible for writing these medications (Cardiologist, Neurologist, etc) complete a “Request to Stop Anticoagulant” form from our office.
- ❖ If you are taking long-acting medications like MSContin, Oxycontin, Fentanyl, etc, you must continue taking these unless otherwise instructed by your doctor. Other pain medications like Percocet or Vicodin or muscle relaxants (Zanaflex, Flexeril, etc) that are taken on an “as needed” basis should only be taken if you are still having pain.
- ❖ Take nothing by mouth after midnight the night before your procedure, **EXCEPT YOUR MEDICATIONS** with a small sip of water only.
  - If your procedure is scheduled for the afternoon, you may have a light breakfast but nothing is to be taken by mouth after 8AM, **EXCEPT YOUR MEDICATIONS** with a small sip of water only.
  - \*\*\*Diabetic Patients - do not take any insulin prior to coming to the clinic, but please bring your testing and insulin supplies with you.
  - \*\*\*Asthmatics - please bring your inhaler(s) with you.
- ❖ If you think you may be pregnant or are trying to get pregnant, you must let the staff know immediately. You will be administered a urine pregnancy test prior to any procedure.
- ❖ We advise that you arrive to the clinic at least 15 minutes prior to your scheduled procedure time. If you are more than 15 minutes late for your appointment, you will need to wait until the next opening in the procedure schedule of the day to have your procedure.
- ❖ You do not need anesthesia/sedation for the procedure, but it is available. Should you choose to not have anesthesia/sedation administered, you will still be required to have someone drive you home.
- ❖ To maintain cleanliness of the injection site, please bath or shower the night before or the morning of your procedure. Wear loose fitting, comfortable clothing that can be easily stored.