

PATIENTS INSTRUCTIONS FOR PROCEDURES

BEFORE THE PROCEDURE:

1. **FASTING:** **No--** You may continue your normal diet. **Yes--** Do not eat or drink 6 hours prior to procedure. Please note you may take medications with a sip of water. Please continue your usual medications prescribed for your heart, blood pressure, diabetes, anti-depression, anti- seizure, or thyroid as scheduled. You may take your *pain medications* unless instructed otherwise on this form. Please contact our office if you have questions regarding what medications you can take.
2. **TRANSPORTATION:** We require you have a responsible adult driver to and from procedure appointment
3. **HYGIENE:** To reduce the risk of infection, please take a bath or shower the night before or the morning of your procedure.
4. **HEALTH:** The procedure **CANNOT** be performed if you have an *active or recent infection, flu, cold, fever, uncontrolled high or low blood pressure, or if you are on blood thinners*. Please make your physician aware of any of these conditions if there is a change in your health prior to your procedure. This is for your safety!
5. **PREGNANCY:** You **MUST** contact our office before the procedure if there is any chance you are pregnant.
6. **ARRIVAL:** Please arrive at least **1 HOUR prior to the procedure if scheduled at TRIOS**
7. **CLOTHING:** Wear loose fitting clothing (sweats, elastic-wasted pants) and remove all excess metal (Belts, earrings, necklaces).
8. **TIME:** Please allow about an hour for your appointment
9. **MEDICATIONS:** You are allowed to take your regular medications with a sip of water, however please stop taking the following medications unless otherwise instructed:

<input type="checkbox"/> Ticlid (Ticlodipine)	14 days prior to procedure
<input type="checkbox"/> Plavix (Clopidogrel)	7 days prior to procedure
<input type="checkbox"/> Aspirin (Bayer, Ecotrin, Alka Seltzer, Baby ASA, Full ASA)	7 days prior to procedure
<input type="checkbox"/> Aggrenox (Aspirin/Dipyridamole)	7 days prior to procedure
<input type="checkbox"/> Coumadin/Warfarin (see below)	5 days prior to procedure
<input type="checkbox"/> NSAIDS (Ibuprofen, Advil, Motrin, Nuprin, Aleve, Naproxen) (Diclofenac, Relafin, Lodine, Salsalate, Meloxicam, etc.)	5 days prior to procedure
<input type="checkbox"/> Eliquis (Apixaban)	2 days prior to procedure
<input type="checkbox"/> Xarelto (Rivaroxaban)	2 days prior to procedure
<input type="checkbox"/> Pradaxa	3 days prior to procedure
<input type="checkbox"/> Arixtra (Fondaparinux)	2 days prior to procedure
<input type="checkbox"/> Lovenox (Enoxaprin)/Fragmin	24 hours prior to procedure
<input type="checkbox"/> Other: All herbal medications, supplements, fish oil, vitamin E	2 days prior to procedure
<input type="checkbox"/> Other: Antibiotics	7 days prior to procedure

NOTE: COUMADIN / WARFARIN - Have ProTime / INR performed PRIOR TO PROCEDURE

- If your **procedure is in the morning**, have the ProTime / INR done the **afternoon before** your procedure.
- If your **procedure is in the afternoon**, have the ProTime / INR done the **morning** of your procedure

10. **DIABETIC PATIENTS:** **NO** **YES** follow the pre-procedure **diabetic protocol** (see additional form)
11. **FOR IV CONSCIOUS SEDATION ONLY** or if **your procedure requires IV access: DO NOT eat 8 hours** prior to procedure. You can drink clear liquids (including coffee without cream) the morning of the injection up to 2 hours prior to the procedure.
12. **FOR ORAL SEDATION ONLY** or **those procedures done without the use of IV access:**
**You ARE allowed to eat and drink before the procedure. Your prescription for diazepam or temezepam will be called into your pharmacy the day before your procedure if you requested ORAL sedation

AFTER THE PROCEDURE:

1. **DRIVING:** You are not allowed to drive or operate heavy machinery up to 12 hours after the injection.
2. **HYGINE:** You make take a shower the day after the procedure.
3. **MEDICATIONS:** You may resume all your usual medications after the procedure unless otherwise instructed.
4. **FOLLOW UP:** Please follow up with your physician in 2-4 weeks unless otherwise instructed.
5. **You may experience some of the following symptoms immediately after the procedure.** Pain at the injection site, Numbness/Tingling, Weakness, Flushing in the face, neck, or arms (Steroid flair), Itching. These symptoms can be normal and are usually temporary. If these symptoms last for more than 48 hours, or if you are concerned, or if you experience feeling of numbness that doesn't go away, trouble urination, or signs of infection (fevers, chills, night sweats), please call your doctor or go to the emergency department immediately.

I have received a copy of the pre-procedure instructions and understand them. I also understand that if these instructions are not followed, the procedure may have to be rescheduled.