



### **Instruction for Patients Scheduled for Procedures**

If you have been scheduled for an injection, you should be aware of why you are having the procedure, what it entails and where and when to report for your injection. If you have any questions please contact us at 704-660-4750.

Please read the following instructions prior to your scheduled procedure.

1. For lumbar spine related injections or epidural injections, avoid taking any NSAIDS (non-steroidal anti-inflammatory medications – Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Relafen, Meloxicam, Feldene, Advil, Aleve, BC powder or Goody Powder. Etc) for 7 days prior to the procedure if possible. For neck injections it is imperative that these medications are stopped for 7 days. If needed you can take Tylenol, Celebrex or narcotic pain medication.
2. The morning of the procedure you SHOULD take your normal medications except any blood thinners or the medications mentioned above.
3. If you are on blood thinners for medical reasons you will need to talk to your prescribing physician for approval to discontinue such medication. Aggrenox and Plavix must be discontinued for 7 days prior to injection and Ticlid 14 days prior to injection. Coumadin should be stopped 4-5 days prior to the injection and you will need a PT/INR completed within 24 hrs of the injection. (Shoulders, hip and sacroiliac joint injections do not need to stop these medications.)
4. Please eat only a light meal morning of injectin and try not to eat anything for 2-4 hrs prior to the procedure. Drink 1-2 full cups of water 60 min prior to the procedure.
5. You will need someone to drive you home from the procedure and you should not drive until the following day.
6. You should notify your doctor of any cold symptoms, fever or other changes in your physical condition prior to the day of the procedure.