**Getting ready for your procedure is extremely important!**

**It is very critical that you follow the instructions below or your   
procedure may be cancelled.**

**Getting Scheduled is the *first* step. We will text/email/call to   
coordinate with you in scheduling your procedure.**

**Your time is valuable, and we want your procedure scheduled at the *RIGHT* time, *RIGHT* place on the *BEST* day!**

1. It is very important that your skin be clean prior to the procedure. Please wash with Dyna-Hex or another strong soap the night before/morning of your procedure and sleep on clean linens.
2. For your body to be ready for our surgical procedure, it needs to be at its healthiest!!! If you have ANY fever or any feeling of sickness, **TELL US IMMEDIATELY.** If you have been sick or are on antibiotics we need to know immediately.
3. If X-rays were ordered for your procedure, they need to be performed and the report delivered to us PRIOR to your procedure.
4. **DO NOT eat or drink anything 8 hours prior to your appointment time**. You may take medications with a SMALL sip of water.
5. A responsible adult must accompany the patient to the office, remain in the office during the procedure and DRIVE the patient home. Your procedure may be cancelled if you do not have a designated driver.
6. **PLEASE wear loose fitting clothing the day of your procedure and no jewelry, preferably elastic waist pants with a t-shirt and low-heeled shoes. We ask that you leave all your valuables (jewelry, money, etc..) at home.**
7. If you are diabetic, please monitor your blood sugar closely. The steroid injections can increase glucose levels.
8. Please arrive 30 minutes prior to your scheduled procedure time, so we can insure you are registered and prepared for the procedure.
9. PLEASE MAKE SURE to inform the physician and the staff if any of the following apply:
   1. You have an allergy to x-ray dye, iodine, shellfish and/or LATEX
   2. You may be pregnant.
10. PLEASE No dental work within one week prior to your procedure including teeth cleaning.
11. PLEASE let us know if you are taking **ANY** of the **FOLLOWING** **blood thinning medications**. They may need to be stopped 7-14 days PRIOR to your procedure ONCE WE receive permission from the prescribing physician. **DO NOT STOP** **taking the medication until we let you know the prescribing physician indicates is acceptable**. YOU MAY restart the medication 24 hours after your pain management procedure.

The blood thinning medications are:

\*Aspirin or aspirin containing medication (i.e. Excedrin, Equagesic, Synalogos-DC, BC powder)

\*Non-Steroidal anti-inflammatory drugs (Ibpurofen [Advil, Motrin], Naproxen, Mobic, Arthrotec, Relafen, Daypro, and Celebrex)

\*Coumadin (Warfarin) \*Ticid (Ticlopidine)

\*Heparin, Lovenox (Enoxaparin), Innohep (Tinzaparin) \*Aggrenox (Dipyridamole/aspirin)

\*Herbals containing ginger or ginko biloba \*Effient

\*Plavix (Clopidogrel) \*Orgaran (Damaparoid)

\*Pletal (Cilostazol) and Trental (Pentoxifylline) \*Arixta (Fondaparinux)

\*Fragmin (Dalteparin), Normiflo (Ardeparin) \*Eliquis (Apixaban)

\*Persantine (Dipyridamole) \*Pradaxa

\*Xarelto (Rivaroxaban)

