

## Pain Management Procedures

### Instructions Prior to Injection Procedures

- Please report to the medical office/surgical center 30 minutes prior to your scheduled appointment time.
- If your schedule is in the morning, you may not have anything to eat or drink after midnight the night before your procedure. If your schedule is in the afternoon, you may have a light meal eight (8) hours and clear liquids six (6) hours prior to your procedure.
- Stop aspirin for five (5) days prior to your scheduled procedure. If you are taking aspirin for your heart, speak with your cardiologist before stopping this medication. Your primary care physician or cardiologist needs to be consulted prior to stopping this.
- If you are on coumadin or heparin or other blood thinners, you must notify our staff so that the timing of stopping these medications can be explained. Your primary care physician or cardiologist needs to be consulted prior to stopping these medications. Coumadin needs to be stopped 3 days before and heparin 12 or 24 hrs (depending on dose) before the procedure.
- Stop anti-inflammatory medications (ibuprofen, motrin, alleve, advil, celebrex, etc) five (5) days prior to your procedure.
- Do not take your diabetes medications on the morning of the procedure while you are fasting. You can re-start taking these right after your procedure.
- \*\*\*If you are taking insulin, check with your diabetes doctor on how to adjust your insulin on the day of the procedure.\*\*\*

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- You may take Tylenol and your other pain medications with a sip of water on the day of the procedure. Some pain medications may have aspirin or ibuprofen in them so check with our staff to verify which of your pain medications can be taken. Pain medications such as *Vicodin*, *Percocet*, *Tylenol with codeine*, *Darvocet*, and *Lortab* **can be taken** on the day of the procedure and do not need to be stopped.
  
- TAKE YOUR OTHER ROUTINE MEDICATIONS (SUCH AS HIGH BLOOD PRESSURE MEDICATIONS) WITH A SIP OF WATER ON THE DAY OF THE PROCEDURE. **DO NOT STOP YOUR ROUTINE MEDICATIONS** ON THE MORNING OF THE PROCEDURE ASIDE FROM THE ONES STATED ABOVE.
  
- You will need a responsible adult companion to drive you home. No driver, no procedure.
  
- If you have a fever or signs of infection the day of your procedure, please call at once to see if you should still plan to have the procedure on that day.
  
- Inform our staff if you ever had a reaction to intravenous contrast, local anesthesia/numbing medicine (marcaine, lidocaine), steroids, or versed