

Before Your Procedure

Your Procedure

Please follow these directions carefully. If you have any questions about what to do, call the Patient Care Line at 651-241-7365.

Arrange a Ride Home From the Procedure

- **You will not be able to drive after the procedure. Arrange to have someone drive you home.**
 - If you do not have someone to drive you home, your procedure will be canceled.
 - Do not drive the rest of the day.
- **Exception:** If you are having either a Botox[®] injection **only without moderate sedation** or a trigger point injection **only without moderate sedation:**
 - You may drive yourself to and from the procedure, if approved by your United Pain Center doctor before your procedure.
 - If you are not approved before the procedure, arrange to have someone drive you home.
 - You will need to stay longer in the recovery room before you can leave.

Medicines to Stop Taking Before the Procedure

If you take blood-thinning medicine, you may need to stop taking it for a certain number of days before your procedure.

Call the doctor who prescribed any of the following medicines 14 days before your procedure to see if you need to stop taking the medicine and when.

- Aggrastat[®] (tirofiban HCl): 1 day
- Agrylin[®] (anagrelide): 7 days
- anti-aging herbal supplements (ginseng, ginger, garlic, ginkgo): 7 days
- 325 mg of aspirin (Bufferin[®], Disalcid[®], Doans[®], Ecotrin[®], Trilisate[®], Dolobid[®], miniprin and other salicylates):
 - cervical or thoracic epidural steroid injections: 10 days
 - spinal cord stimulator trials: 10 days
 - lumbar epidural steroid injections: 10 days, if you do not need to be on it for health reasons such as stroke, heart attack, stent placement or blood clots.
 - Baby aspirin (81 mg aspirin) is OK if you have a high risk for or if you have been diagnosed with heart disease.
- Atrixtra[®] (fondaparinux): 2 days

(over)

- ❑ Coumadin® or Jantoven® (warfarin): 5 days
 - **You will need to complete an INR the day of your procedure before your get the injection.**
 - **Lab results are required. Home results will not be accepted.**
- ❑ Effient® (prasugrel): 10 days
- ❑ Eliquis® (apixaban): 5 days (You do not need an INR.)
- ❑ Flolan® (epoprostenol): 7 days
- ❑ Fragmin® (dalteparin): 1 day
- ❑ Innohep® (tinzaparin): 1 day
- ❑ Intergilin® (eptifibatide): 1 day
- ❑ non-steroidal anti-inflammatory drugs or NSAIDs (ibuprofen, Celebrex®, Voltaren®, Indomethacin®, Toradol®, Naproxen®, Aleve®):
 - You do not need to stop taking unless you have a history of bleeding.
- ❑ Orgaran® (danaparoid): 4 days
- ❑ Persantine® (dipyridamole): 7 days
- ❑ Plavix® (clopidogrel): 7 days
- ❑ Pletal® (cilostazol): 2 days
- ❑ Pradaxa® (dabigatran etexilate): 5 days
 - You will need your PTT checked on the day of your procedure before your injection.
 - **Lab results are required. Home results will not be accepted.**
- ❑ Reopro® (abciximab): 5 days
- ❑ Ticlid® (ticlopidine): 5 days
- ❑ Trental® (pentoxifylline): 14 days
- ❑ vitamin E, more than 400 IU in adults (tocopherol): 5 days
- ❑ Xarelto® (rivaroxaban):
 - low risk of bleeding: 1 day
 - high risk of bleeding: 2 days
 - risk for kidney damage: 3 to 5 days.

Call the United Pain Center Patient Care Line at 651-241-7365 if you are taking any blood thinners not listed. Call at least 14 days before your procedure.

Medicines You May Take Before the Procedure

- Take your regularly scheduled daily medicines with a small sip of water before your procedure.
 - This includes your heart, blood pressure and pain medicines.

Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time. A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast or 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

How to Prepare Before the Procedure

- Leave all valuables and jewelry at home.
- Do not use any products that have strong odors. This includes scented lotions, oils, colognes, perfumes, powders or hair products.
- Remove body piercings from your tongue or navel (belly button).
- Wear loose-fitting clothing and comfortable shoes.
- Do not wear make-up if you are having a Botox® injection.

When to Arrive for the Procedure

- Please arrive 30 minutes before your procedure.
- If you arrive after your scheduled procedure time, you may be asked to reschedule.

What To Tell Your Health Care Provider Before the Procedure

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take blood-thinner medicine.

Whom to Call With Questions

Call the Patient Care Line at 651-241-7365 with any questions.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.