

## CRYSTAL COAST PAIN MANAGEMENT CENTER

- 2111 Neuse Blvd. Suite J New Bern, NC (fax 252-636-0335)
- 5053 Executive Drive Unit B Morehead City, NC (fax: 252-726-8638)
- 34 Office Park Drive Suite 200 Jacksonville, NC (fax: 910-353-6009)

### Pre-Procedure Instructions

(Interlaminar & Transforaminal Epidurals, Stellate Ganglion/Cervical Sympathetic Block, Spinal Cord Stim Trial)

1. There are certain medications that can increase the time it takes for your blood to clot. Please **STOP** the following medications 5 days prior to your procedure:

Aspirin	Alka Seltzer
Goody Powder	Fiorinal
BC Powder	<b>Any medication that may contain ASPIRIN</b>
2. If you are taking a blood thinner, **STOP** these medications as directed below. This **MUST** be approved with your primary care physician first.

Lovenox	Stop 24 hours prior to procedure
Fondaparinux (Arixtra)	Stop 5 days prior to procedure
Rivaroxaban (Xarelto)	Stop 3 days prior to procedure
Clopidogrel (Plavix)	Stop 7 days prior to procedure
Ticlopidine (Ticlid)	Stop 14 days prior to procedure
Prasugrel (Effient)	Stop 10 days prior to procedure
Ticagrelor (Brilinta)	Stop 5 days prior to procedure
Abciximab (Reopro)	Stop 2 days prior to procedure
Eptifibatide (Integrilin)	Stop 24 hours prior to procedure
Tirofiban (Aggrestat)	Stop 24 hours prior to procedure
Dabigatran (Pradaxa)	Stop 5 days prior to procedure
Apixaban (Eliquis)	Stop 4 days prior to procedure
Warfarin (Coumadin)	Stop 5 days prior to procedure - <b>come 30 min prior to procedure for labs to be drawn</b>
3. If you are on blood pressure medication, take it as usual on the day of the procedure.
4. If you are diabetic and your appointment is in the morning, please do not take your medication. Bring it with you on the day of your injection.
5. It is okay to eat and drink the day of your procedure, and we recommend you eat a light snack such as crackers or toast with clear liquids (water, black coffee, clear juice) about 2-3 hours prior to your appoint. **DO NOT EAT OR DRINK ANYTHING IN THE 2 HOURS BEFORE YOUR APPOINTMENT.**
6. If you are ill, have a fever, or have an infection (including urinary tract infections, skin infections, bronchitis, sinus infection), please call and reschedule your appointment.
7. Please have a responsible adult to drive you home.

Failure to follow these instructions **MAY** result in your procedure being cancelled and the patient being charged.