

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

(SI joint injections, Facet blocks and radiofrequency ablation)

1. There are certain medications that can increase the time it takes for your blood to clot. If you are on the following medications, you may have increased bruising after your procedure but it is **safe to continue** them:

Aspirin

Goody Powder

BC Powder

Alka Seltzer

Fiorinal

Any medication that may contain ASPIRIN

2. If you are taking a blood thinner such as the ones listed below, there is an increased risk of bleeding and bruising. **You can continue** these medications, but you should let your doctor know so that you can discuss the risks and benefits of continuing the medication.

Lovenox	Dabigatran (Pradaxa)	Eptifibatide (Integrilin)
Fondaparinux (Arixtra)	Rivaroxaban (Xarelto)	Apixaban (Eliquis)
Clopidogrel (Plavix)	Ticlopidine (Ticlid)	Abciximab (Reopro)
Prasugrel (Effient)	Ticagrelor (Brilinta)	Tirofiban (Aggrestat)
Warfarin (Coumadin)		
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
8. Failure to follow these instructions MAY result in your procedure being cancelled and the patient being charged.