

Crystal Coast Pain Management Center

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Pre-Procedure Instructions

This is patient specific and subject to change per Provider instruction

Procedures #1	Procedures #2
Facet MBB Radiofrequency Ablation (RFA)- <i>unless otherwise specified by provider</i> Greater Trochanter Bursa (GTB) Sacroiliac Joint (SIJ) Trigger Point (TPI) Genicular Suprascapular Piriformis Joint Injections Occipital	Epidural Steroid Injection (ESI) Paravertebral Blocks Transforaminal Epidural Steroid Injection (TFESI) Spinal Cord Stimulator Trial (SCS trial) Sympathetic Block (stellate, thoracic, splanchnic, celiac, lumbar, hypogastric) Kyphoplasty/Vetebroplasty Discogram

There are certain medications you may need to stop prior to your procedure. If you are taking blood thinners this must be approved by your managing provider before stopping.

Medication	Procedures #1 Stop Days Before	Procedures #2 Stop Days Before	Medication	Procedures #1 Stop Days Before	Procedures #2 Stop Days Before	Restart Hours After
Any medications that contain ASPIRIN Such as: -Aggrenox -BC Powder/Goody Powder -Alka Seltzer -Fiorinal		6				
NSAIDS			Blood Thinners			
			Abciximab (Reopro)	5	5	12
Diclofenac (Voltaren)		1	Apixaban (Eliquis)		5	24
Etodolac (Lodine)		2	Clopidogrel (Plavix)		7	24
Ibuprofen (Motrin, Advil)		1	Dabigatran (Pradaxa)		5	24
Indomethacin (Indocin)		2	Eptifibatid (Integrilin)	24 hrs	24 hrs	12
Ketorlac (Torodal)		1	Fondaparinux (Arixta)		4	24
Meloxicam (Mobic)		4	Lovenox	24 hrs	24 hrs	24
Nabumetone (Relafen)		6	Prasugrel (Effient)		10	24
Naproxen (Naprosyn) (Aleve)		4	Rivarozaban (Xarelto)		3	24
Oxaprozin (Daypro)		10	Ticagrelor (Brilinta)		5	24
Piroxicam (Feldene)		10	Ticlopidine (Ticlid)		5	24
			Tirofiban (Aggrastat)	24 hrs	24 hrs	12
Herbal Supplements & Fish Oil →3000mg or higher (may interfere with clotting)		7	Warfarin (Coumadin) ** arrive 10 mins. early for blood test		5	24

Pre-Procedure Instructions (pg 2) **

- If you have a history of a stroke, TIA (mini stroke), heart attack or coronary artery disease, there is an increased risk of heart attack and stroke while off Aspirin.
 - *This risk should be discussed with your doctor.*
- If you are on blood pressure medication, take it as usual on the day of the procedure.
- If you are diabetic we recommend that you schedule your procedure in the afternoon, so you can take your morning medications and eat. If you need a morning appointment, please do not take your medication. You may bring your medication with you on the day of the procedure.
- If your procedure is in the late morning or afternoon we recommend you eat a light meal or snack 3-4 hours prior to your procedure.
- **DO NOT EAT OR DRINK ANYTHING IN THE:**
 - 2 HOURS PRIOR TO YOUR PROCEDURE
 - 8 HOURS PRIOR TO YOUR PROCEDURE
- If you are ill, have a fever, or have an infection (including urinary tract infection, skin infections, bronchitis, or sinus infection) or are taking antibiotics, please call and reschedule your procedure.
- You **MUST** have a responsible adult to drive you home. ***If you receive oral, IM (intramuscular), IV (intravascular) sedation medication your driver will be required to come in and sign for your release.***
- You **DO NOT** need to have a driver.
- Certain test procedures require you to be able to evaluate your pain level after the procedure. Some medications can blunt your perception of pain and should not be taken before the procedure.
 - **Do Not** take any benzodiazepines the day of your procedure (such as: Valium, Xanax, Ativan, Klonopin)
 - **Take** pre-medication as directed:

 - **NA** for your procedure
- Other: _____

**Your treating physician may give you additional instructions for your safety and comfort.

We recommended you wear loose clothing without a lot of metal, refrain from wearing unnecessary jewelry and have minimal items in your pockets, so we can comfortably position you on the procedure table and reduce any interference with the x-rays

Failure to follow these instructions MAY result in your procedure being rescheduled and you being charged

Source:

Interventional Spine and Pain Procedures in Patients on Antiplatelet and Anticoagulant Medications Regional Anesthesia & Pain Medicine: [May/June 2015 - Volume 40 - Issue 3 - p 182-212](#)

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