

PRE-PROCEDURE PATIENT INSTRUCTIONS FOR PAIN MANAGEMENT

(The procedure is done at Ambulatory Surgical Center or Hospital)

- Come with an **empty stomach**
- Do **NOT** eat (no food, no cereal, nothing) or drink anything (no water, no soda, no coffee, no tea, no Gatorade, nothing) at least **8 hours prior** to your procedure
- Do **NOT** chew gum or suck on any candy/mint (no gum, no mint, no candy, no cough drops)
- If you are taking “blood thinning” medications, we must have a letter from the prescribing physician giving permission for you to stop the medication for the appropriate time period. Do not stop your medication until you have discussed this with your prescribing doctor and have written permission.

Injectable Medications:

- Aggrastat (tirofiban) Stop **8 HOURS prior** to procedure
- Angiomax (bivalirudin) Stop **14 days prior** to the procedure
- Arixtra (fondaparinux) Stop **7 days prior** to procedure
- Heparin Stop **24 hours prior** to procedure
- Integrilin (eptifibatide) Stop **8 HOURS prior** to procedure
- Iprivask (desirudin) Stop **14 days prior** to procedure
- Lovenox Stop **24 hours prior** to procedure
- Novastan (argatroban) Stop **14 days prior** to procedure
- Orgaran (danaparoid) Stop **7 days prior** to procedure
- Refludan (lepirudin) Stop **14 days prior** to procedure
- ReoPro (abciximan) Stop **2 days prior** to procedure

Medications Taken by mouth:

- Aspirin or aspirin containing medications (such as Excedrin) Stop **7 days prior** to procedure
 - Brilinta (tricagrelor) Stop **5 days prior** to procedure
 - Coumadin (warfarin) Stop **5 days prior** to procedure
 - Dicumerol/dicumarol Stop **5 days prior** to procedure
 - Effient (prasugrel) Stop **7 days prior** to procedure
 - Eliquis (apixaban) Stop **3 days prior** to procedure
 - Elmiron Stop **5 days prior to** procedure
 - Exanta (elagatran/ximelagatran) Stop **14 days prior** to procedure
 - NSAIDs (Ibuprofen, Naproxen, Diclofenac, Aleve, Mortin, Advil, Mobic, Duexis, Zorvolex, Zipsor, Vivlodex, Meloxicam, Voltaren, Arthrotec, Relafen, Indocin, Celebrex or similar anti-inflammatory medications etc.) Stop **3 ~ 5 days prior** to procedure
 - Persantine (dipyridmole) Stop **7 days prior** to procedure
 - Plavix (clopidogrel) Stop **7 days prior** to procedure
 - Pletal (cilostazol) Stop **7 days prior** to procedure
 - Pradaxa (dabigatran) Stop **2 days prior** to procedure
 - Xarelto (rivaroxaban) Stop **2 days prior** to procedure
 - Ticlid (ticlopidine) Stop **14 days prior** to procedure
 - Vitamin E Stop **3 days prior** to procedure
- Do NOT take NSAIDs (Ibuprofen, Naproxen, Diclofenac, Aleve, Mortin, Advil, Mobic, Duexis, Zorvolex, Zipsor, Vivlodex, Meloxicam, Voltaren, Arthrotec, Relafen, Indocin, Celebrex or similar anti-inflammatory medications etc.) 3 ~ 5 days prior to your procedure (Acetaminophen = Tylenol is acceptable)
 - Do **NOT** take Vitamin E, Fish oil, Garlic, Ginki, Ginseng **5 days prior** to the procedure
 - If you are not sure, please feel free to ask us or call your local pharmacist

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Advanced Spine and Pain



- **Continue to take** your blood pressure pills, seizure medications, asthma medications, thyroid medication, pain medications as prescribed/scheduled with a sip of water.
- You should have an **ESCORT** to drive you home due to the nature of the procedure. **THIS IS MANDATORY!** THE DRIVER MUST MEET you in the hospital or Ambulatory Surgery Center to escort you to the vehicle. The driver cannot wait for you in the car. Procedures will be cancelled if you do not have a driver.
- You might require pre-procedure blood work if your procedure is a Discography, Disc Decompression or Spinal Cord Stimulator insertion. If your doctor gave you a prescription for blood work, the results must be sent to this office no later than two days prior to your procedure
- If you are having a DISCOGRAPHY you will be given a prescription for a post-discography CT scan. Please go there immediately after the discography, they are expecting you.
- If you are allergic to **LATEX**, please tell the physician immediately.
- If you are allergic to **SHELL-FISH, IODINE CONTRAST, IVP dye or CT scan contrast**, please tell the physician immediately.
- Please arrive **30 minutes before** your appointment time. This allows us time to complete the necessary paperwork and nursing assessments prior to the procedure
- Wear loose fitting clothing the day of your procedure
- Do not apply powder or cream over the area where the procedure is to be performed
- For more information, visit our website www.relievus.com or call the office at **(888) 985-2727**

Female Patients

- If you are pregnant or trying to get pregnant, you MUST inform us immediately.
- **Urine pregnancy test** will be done prior to the procedure at the facility.

Diabetic Patients

- If you are a DIABETIC, you need to let us know and we will schedule your procedure early in the morning.
- Take ½ of your long acting insulin the morning of your procedure only.
- DO NOT take any oral diabetic medications.
- Please, check your glucose (finger stick) at home on the procedural day.

The above instruction was given to me and/or my guardian(s) at least 72 hours prior to the procedure. I have read or had read to me the above information including the surgical consent. I have followed the above instruction.

Patient or Legal Guardian's Name: _____

Patient's signature: _____

Date: _____

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