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Pre-Procedure Guidelines

Your health and safety are the primary objectives of our mission in serving you. The following guidelines are in place for your safety. If you cannot abide by these Instructions please notify our office Immediately. Failure to follow these guidelines may result in a canceled procedure.

If you are having SEDATION for your procedure:

- Do not have anything to eat for at least 8 hours before your appointment. You may have clear liquids up to 2 hours before your appointment.
- You may take your normal medications as prescribed with a small sip of water unless one of those medications are listed below. Please follow Instructions as listed for those medications.
- You **MUST** have a driver who is 18 yrs. or older with you, the driver must remain at the facility for the duration of your procedure.

Medication Restrictions

Unless specifically directed by your Physician, discontinue the following medications as Instructed. **You MUST verify with your primary care provider or prescribing specialist that it is acceptable to stop these medications as directed below.** These medications alter your body's ability to control bleeding, and having Injections can be dangerous if these medications are not appropriately held. If you cannot hold these medications, please notify our office immediately.

If you are having a joint Injection (shoulder, knee, hip) It is not necessary to hold blood thinning medications, unless you are taking more than one.

If you are receiving regenerative therapy (ie. PRP, allograft) It is recommended you avoid anti-inflammatory medications for one week prior and two weeks after your procedure.

Medication Name	Stop Before Injection/Procedure
Aspirin 81mg and 325 mg	6 days
Excedrin	6 days
Clopidogrel (Plavix)	7 days
Prasugrel (Effient)	7 days
Aggrenox	7 days
Apixaban (Eliquis)	3 days
Rivaroxaban (Xarelto)	3 days
ReoPro (Abciximab)	3 days
Coumadin (Warfarin) and must have INR < 1.2.	5 days
Ticlid (Ticlopidine)	5 days
Briiiiinta (Ticagrelor)	5 days
Dabigatran (Pradaxa)	4 days
Mobic	4 days
Meloxicam	4 days
Alevej Naproxen and Fondaparinux (Arixtra)	4 days
Lovenox (Enoxaparin)	24 hours

If you are taking a medication not listed above, please contact our office as soon as possible before your procedure date to ensure your safety.

If you are Diabetic:

- A general guideline is that you should eat a light meal 8 hours prior to the procedure.
- On the day of your procedure if your blood sugar is over 300 we may have to reschedule your procedure.
- If you are having SEDATION for your procedure you should take half the dose of your morning insulin. If you take oral medications for diabetes do not take those medications the morning of your procedure. Instead take them after your procedure when you are able to have a light meal.

Female Patients

Typically procedures are performed using X-ray. If you are pregnant or think you may be pregnant, please inform the nursing staff so that appropriate measures may be taken.

On the day of your Procedure:

- Wear loose comfortable clothing, and please leave all valuables and jewelry at home.
- If you are on antibiotics, have an infection, any upcoming surgeries, and/or have a fever greater than 100.3 Fahrenheit please call our office immediately to reschedule.
- Please bring your driver's license/ID and insurance card to your appointment.

After Discharge:

- The nursing staff will provide you with specific discharge instructions after your procedure.
- The nursing will go over possible side effects you may experience.
- You may resume normal medications the evening of your procedure; resume held blood thinners 24 hours following your procedure.
- You may experience increased soreness for a few days after your procedure.
- You may experience immediate pain relief after the procedure, but it usually takes several days to weeks.
- Limit your normal activities for 24 hours after your procedure, as the initial pain relief may only be secondary to numbing medicine. Do not over-exert yourself because you "don't hurt" during this time.

If you have any questions or concerns please call the appropriate office.