

PRE-PROCEDURE INSTRUCTIONS

- Please **wear a face mask** to your appointment. This must be worn the entire time you are in the building.
- **Check your temperature** prior to your appointment. If you are feeling ill or have a temperature >100° F please stay home and reschedule your visit.
- Please make the staff aware if you are currently taking **antibiotics and/or steroids**, as this may result in rescheduling due to medical precautions.
- If having sedation, **do not eat anything for at least 8 hours prior to the time of your procedure, including chewing gum.** You may have **water only** up to **2 hours** prior to the time of your procedure. You may take your morning medications with a sip of water. **If these precautions are not followed you will not be offered sedation and may need to reschedule.**
- Continue all of your usual medications as prescribed **except for blood thinners (see below) and diabetic medications,** which may need to be stopped temporarily.
 - o If instructed by Greater Austin Pain Center to stop your blood thinner or aspirin/NSAIDs **and have received permission from the physician who prescribes your blood thinner to discontinue it,** you should follow the below recommendations:
 - Coumadin: Must obtain **STAT PT/INR** blood test late the day before your injection and have results sent to Greater Austin Pain Center. This result must be received prior to your appointment.

MEDICATION	WHEN TO STOP (Prior to procedure, Spinal Cord Stimulator Trial or Implant)	WHEN TO RESTART (After procedure, Spinal Cord Stimulator lead removal or Implant)
Aspirin	6 days prior	24 hours after
NSAIDs (Naproxen, Ibuprofen, Meloxicam, etc)	4 days prior	24 hours after
Coumadin (Warfarin, Jantoven)	5 days prior (<i>check INR day before procedure</i>)	24 hours after
Eliquis (Apixaban)	3 days prior	24 hours after
Pletal (cilostazol)	2 days prior	24 hours after
Plavix (clopidogrel)	7 days prior	24 hours after
Ticlid (ticlopidine)	5 days prior	24 hours after
ReoPro (abciximab)	5 days prior	24 hours after
Lovenox (enoxaparin)	24 hours prior	24 hours after
Heparin	24 hours prior	24 hours after
Pradaxa (dabigatran)	4 days prior	24 hours after
Aggrenox (aspirin/dipyridamole)	6 days prior	24 hours after
Xarelto (rivaroxaban)	3 days prior	24 hours after
Effient (prasugrel)	8 days prior	24 hours after
Fragmin (dalteparin)	24 hours prior	24 hours after
Arixtra (fondaparinux)	4 days prior	24 hours after
Xigris (drotrecogin)	24 hours prior	24 hours after
Integrelin (eptifibatide)	24 hours prior	24 hours after
Brilinta (ticagrelor)	5 days prior	24 hours after
Savaysa (edoxaban)	3 days prior	24 hours after

- o If you have diabetes, make sure to eat a light meal 8 hours prior to your procedure.
 - If your procedure is **scheduled prior to 12pm (noon)**, HOLD your morning insulin dose.
 - If your procedure is **scheduled after 12pm (noon)**, take half of your morning insulin dose.
 - Bring your insulin with you. Corticosteroids may be used in your procedure. If you are diabetic, these medications can cause a temporary rise in your blood glucose that can last several days. It is recommended you monitor your blood glucose regularly and treat accordingly. If your levels go above 250 or remain elevated please contact your treating provider. **If your levels are above 300, you will be rescheduled.**
- If you are having a lumbar epidural injection or your procedure involves sedation you **MUST** have a driver. We cannot release you to a cab or public transportation (i.e. Uber, Lyft, etc.). The only exception is Special Transit Services. Patients **MUST** have their driver in the lobby or car in the parking lot at the time of their scheduled appointment to ensure all patients are seen in a timely manner. Also, their driver is to stay on premises until the patient's procedure is complete.
- Wear comfortable clothing and low-heel shoes.
- Please leave jewelry, cellphone and other valuables at home or with driver. GAPC is not responsible for lost items.
- Any insurance copays or uncovered expense (deductible) must be collected prior to your procedure.

PRIOR TO YOUR PROCEDURE:

- You may have an IV started.
- You may be asked to change into a gown.
- Your doctor may prescribe sedation to help reduce discomfort and anxiety.
- Typically the entire process from being checked in to being discharged takes approximately 30 minutes to 1 hour. (The scheduled appointment time is the arrival time, not necessarily when the patient will be brought back to the fluoroscopy suite).
- Your driver **MUST** wait for you in the waiting room or park on the west side of the building. **If your ride is not available to wait, then Greater Austin Pain Center cannot administer sedation due to safety precautions.**

AFTER YOUR PROCEDURE:

- You will remain in the recovery room approximately 15 minutes after your procedure.
- Rarely you may experience side effects from the sedation medications. The nursing staff will go over these with you prior to your discharge.

AFTER DISCHARGE FROM THE SURGICAL FACILITY:

- **DO NOT operate a vehicle or heavy machinery within 24 hours after you have received sedation.**
- **DO NOT operate a vehicle or heavy machinery within 8 hours after you receive a lumbar epidural injection without sedation as you may experience temporary leg weakness/numbness.**
- Pain relief may occur immediately after the procedure, but may also take several days. A few days of soreness after the procedure are normal.
- We suggest applying ice to injection sites for 20 minutes and then removing for 20 minutes. Repeat this cycle of applying ice on/off during the first 24 hours.
- Notify the office immediately if you experience a fever (>100° F), loss of strength, increasing pain, and/or bowel or bladder continence.

I have carefully read and fully understand this *Pre-procedure Instructions* form and have had the opportunity to discuss my condition with the care provider. All of my questions have been adequately answered.

Patient Name: _____ Patient Signature: _____ Date: _____