

Pre-procedural Instructions

- 1) Nothing to eat for **6 hours**, prior to procedure. You may drink water up to **4 hours** before/ prior to procedure (nothing to drink thereafter by mouth). This includes coffee, water, mint, chewing tobacco or gum. You may take your scheduled morning medication with a sip of **water only** the morning of the procedure (nothing after that).
- 2) **You must have a driver. Your driver must be present for discharge from the surgery center.**
- 3) it is recommended that you stop ASPRIN or aspirin containing products (ECOTRIN, ALKA SELTZER etc) for **5 days** prior to your injection.
- 4) It is recommended that you stop arthritis medications (ADVIL, ALEVE, ARTHROTEC, DAYPRO, IBUPROFEN, NAPROXYN, MOTRIN, MOBIC, MELOXICAM, EXCEDRIN and VOLTAREN) **48 hrs** before/prior to the injection. **DO NOT DISCONTINUE ANY OF YOUR OTHER MEDICATIONS UNLESS INSTRUCTED TO DO SO (see #5)**
- 5) Certain procedures require you to discontinue your blood thinners prior to your procedure. Plavix must be held for a minimum of 7 days before/prior to all epidural procedures (cervical, thoracic, lumbar and caudal). **PLEASE NOTE THAT YOU MUST OBTAIN A CARDIAC CLEARANCE FROM YOUR CARDIOLOGIST OR YOUR PRESCRIBING PHYSICIAN PRIOR TO YOUR SURGICAL APPOINTMENT.**
- 6) **A nurse from the Surgery Center or office will call you the day before your procedure to confirm and schedule your arrival time.** you will be asked to fill out paperwork for the Surgery Center also. If you expect any delays or cancellations, Please call **TIPS** office at (813) 513-TIPS (8477)
- 7) Please arrive **30-40** mins before your scheduled procedure time unless the Surgery Center has given you an expected time of arrival.
- 8) If you have any questions regarding your injection/procedure/surgery, please call **TIPS** office at (813) 513-TIPS (8477).
- 9) **IF YOU HAVE DIABETES:** Please check your blood sugar level. if it is within normal limits, please take half of your regular dose of insulin or pills in the morning. The medication you receive in your injections may consist of a steroid. Please note that this may cause an elevation in your blood sugar levels after the procedure. If you experience an elevation, please notify your primary care physician.
- 10) wear loose clothing and dress warm. Socks are encouraged. The operating room tends to be cool.
- 11) Your activity will be restricted for **24 to 48 hours** after the injection/procedure/surgery.
- 12) Please bring a list of your current medications, dosages and the reasons for taking them.
- 13) please leave your valuables at home. This includes jewelry.

I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS.

Patient Signature: _____ DATE: _____

Patient Name: _____ DATE: _____