



## PROCEDURE INSTRUCTIONS AT AN AMBULATORY SURGERY CENTER

You have been scheduled for a procedure at an Ambulatory Surgery Center with a SNDC physician. It may be necessary to discontinue any blood thinning medications for the time noted on the next page (which includes aspirin and anti-inflammatory medications). We request that you discuss this with your prescribing physician.

### **YOU MUST HAVE A RIDE HOME**

This is a mandatory rule set by the surgery center. If you are unable to comply with this plan, we will have to reschedule your procedure.

**If you plan on checking in with a transportation service i.e. (taxi cab, Uber, etc.), you must have someone additional with you who will vouch for your post procedure care.**

### **YOU CANNOT EAT OR DRINK AFTER MIDNIGHT**

You may have clear liquids up to 4 hours before the procedure.

**PLEASE CALL US IF YOU HAVE AN ALLERGY TO IODINE, CONTRAST, OR SHELLFISH.**

**PLEASE CALL US IF YOU ARE TAKING ANTIBIOTICS FOR AN INFECTION, but do not stop taking the antibiotics!**

**PLEASE CALL US IF THERE IS ANY CHANCE YOU MAY BE PREGNANT.**



## **SPINAL INJECTION MEDICATION GUIDELINES**

Medications that thin blood may increase your risk of bleeding. This can increase the risk of a hematoma (blood clot) at the injection site. For that reason, it is important to stop taking medications with blood thinning properties prior to the injection. The following are guidelines as to when to stop certain medications. If the medication is not on the below list, it is okay to take them. Please read through the list carefully. Your procedure may be cancelled if you have not stopped the medications at the appropriate time intervals.

**OBTAIN PERMISSION FROM YOUR PRESCRIBING PHYSICIAN TO TEMPORARILY STOP BLOOD THINNERS.**

<b>MEDICATION:</b>	<b>NAME BRAND:</b>	<b>STOP MEDICATIONS:</b>
ABCIXIMAB	REOPRO	5 DAYS
ACENOCOUMAROL	SINTROM	3 DAYS
ACUVAIL		3 DAYS
ADVIL		3 DAYS
AGGRASTAT		1 DAY
AGGRENOX		8 DAYS
ALEVE		3 DAYS
ALKA-SELTZER		7 DAYS
ANACIN		7 DAYS
ANAPROX	NAPROXEN	3 DAYS
APIXABAN	ELIQUIS	3 DAYS
ARIXTRA		4 DAYS
ARTHROTEC		3 DAYS
ASPERGUM		7 DAYS
ASPIRIN		7 DAYS
BAYER		7 DAYS
BRILINTA		5 DAYS
BUFFERIN		7 DAYS
CATAFLAM		3 DAYS
CAMBIA		3 DAYS
CELECOXIB	CELEBREX	3 DAYS
CILOSTAZOL	PLETAL	2 DAYS

<b>MEDICATION:</b>	<b>NAME BRAND:</b>	<b>STOP MEDICATIONS:</b>
CLINORIL		3 DAYS
CLOPIDOGREL	PLAVIX	7 DAYS
COUMADIN		5 DAYS
DABIGATRAN	PRADAXA	5 DAYS
DAMASON-P		7 DAYS
DARVON COMPOUND	DARVON	7 DAYS
DAYPRO		3 DAYS
DICLOFINAC	VOLTAREN, ZIPSOR	3 DAYS
DIPYRIDAMOLE	PERSANTINE	2 DAYS
DISALID		7 DAYS
DOLOBID	DIFLUISAL	7 DAYS
EASPRIN		7 DAYS
ECOTRIN	ASPIRIN	7 DAYS
EFFIENT		7 DAYS
ELIQUIS		3 DAYS
EMPIRIN	ECOTRIN	7 DAYS
EPTIFIBATIDE	INTEGRILIN	1 DAY
ETODOLAC	LODINE	3 DAYS
EXCEDERIN		7 DAYS
FASPIRIN		7 DAYS
FELDENE		3 DAYS
FENOPROFEN	NALFON	3 DAYS
FIBRINOLYTIC AGENTS		2 DAYS
FIORINAL		7 DAYS
FISH OIL		3 DAYS
FLECTOR PATCH		3 DAYS
FONDAPARINUX	ARIXTRA	4 DAYS
GINKO		8 DAYS
HEPARIN		10 HOURS
HEPARIN-IV		4 HOURS
HERBALS		3 DAYS
IBUPROFEN	ADVIL, MOTRIN, MIDOL	3 DAYS
INDOCIN		3 DAYS
INDOMETHACIN	INDOCIN, TIVORBEX	3 DAYS
INTEGRIN		1 DAY
KETOPROFEN		3 DAYS
KETORALAC	TORADOL, ACULAR	3 DAYS
LMWH PROPHYLACTIC		12 HOURS
LMWH THERAPEUTIC		1 DAY
LODINE		3 DAYS

<b>MEDICATION:</b>	<b>NAME BRAND:</b>	<b>STOP MEDICATIONS:</b>
LOVENOX		3 DAYS
MEASURIN		7 DAYS
MECLOFENAMATE		3 DAYS
MECLOMEN		3 DAYS
MEDIPREN		3 DAYS
MELOXICAM	MOBIC	3 DAYS
MIDOL		3 DAYS
MOBIC		3 DAYS
MOTRIN		3 DAYS
NABUMETONE		3 DAYS
NALFON		3 DAYS
NAPROSYN		3 DAYS
NAPROXEN	NAPROSYN	3 DAYS
ORUDIS		3 DAYS
OXAPROZIN	DAYPRO	3 DAYS
PERCODAN		7 DAYS
PERSANTINE		2 DAYS
PERSATINE		7 DAYS
PIROXICAM	FELDEN	3 DAYS
PLAVIX		8 DAYS
PLETAL		8 DAYS
PRADAXA		5 DAYS
PRASUGREL	EFFIENT	10 DAYS
RELAFEN		3 DAYS
REOPRO		5 DAYS
RIVAROXABAN	XARELTO	3 DAYS
RUFEN		3 DAYS
SALICYLATE		7 DAYS
SALSALATE	DISALCID	7 DAYS
SOMA COMPOUND		7 DAYS
SPRIX		3 DAYS
SULINDAC		3 DAYS
TANDEARIL		3 DAYS
TICAGRELOR	BRILINTA	5 DAYS
TICLID		8 DAYS
TIROFIBAN	AGGRASTAT	2 DAYS
TODOLAC	LODINE	3 DAYS
TOLECTIN		3 DAYS

<b>MEDICATION:</b>	<b>NAME BRAND:</b>	<b>STOP MEDICATIONS:</b>
TORADOL		3 DAYS
TRENTAL		8 DAYS
TRILISATE		7 DAYS
VICOPROFEN		3 DAYS
VITAMIN E		3 DAYS
VOLTAREN		3 DAYS
VOLTAREN GEL		3 DAYS
XARELTO		3 DAYS
WARFARIN	COUMADIN, JANTOVEN	5 DAYS
ZORPRIN		7 DAYS
ZORVOLEX		3 DAYS



## **POST INJECTION INSTRUCTIONS**

1. Please resume your regular medications as soon as you get home.
2. Do not soak in a tub, pool, or hot tub for 24 hours following the procedure.
3. If you have a band-aid at the injection site, please remove it in a few hours.
4. If you are diabetic, please monitor your blood sugars carefully. Blood sugars may elevate temporarily due to the steroid. If your blood sugar is significantly increased, please notify us or your primary care physician for instructions.

### **Following your procedure you may experience some of the following symptoms:**

- If you received steroids during the procedure, you may not experience immediate relief of your symptoms. It takes the steroid 3-7 days to reach full effect. Possible side effects may include facial flushing, insomnia, temporary weight gain, mood changes, and elevated blood sugar in diabetics.
- After the numbing wears off, it is normal to have a slight increase in your usual symptoms for 24-48 hours following your procedure which may be relieved by a mild pain reliever such as Tylenol, take your prescribed medications, and use an ice pack or heat (according to your own preferences).
- Soreness and some bruising at the injection site is expected for a few days and may be relieved with the use of your normal pain medications as prescribed by your physician, and an icepack applied to the injection site.
- Numbness/weakness in the affected extremity (arm or leg). If your extremity is weak or numb, do not move around until the strength in your arm or legs returns. If you must walk (home or to the bathroom), have someone assist you. Have someone stay with you until you can be up and about.

### **If you received sedation with this procedure:**

- Do not drive, operate machinery, consume alcohol, or make important decisions until the day following your procedure.
- Refrain from heavy physical activity and activities requiring balance for 24 hours.
- Take clear fluids first. If stomach remains settled, regular food may be started. Avoid spicy or fatty food for 24 hours.

### **If you develop any of the following symptoms seek immediate medical attention or call Spine and Nerve Diagnostic Center provider. Please contact our on duty physician after 4pm and weekend at 916-732-2600:**

- Temperature over 101 degrees or any signs of infection at the injection site (red, swollen, hot to the touch).
- Severe pain different from your usual pain that is not relieved by the medication.
- Loss of feeling or movement in the affected extremity (after initial numbness wears off).
- Severe bleeding, persistent vomiting or headache lasting longer than 3 days.

### **IN CASE OF EMERGENCY CALL 911**

Please keep your follow up appointment with Spine and Nerve Diagnostic Center, or schedule an appointment if you do not already have one. Please feel free to call us if you have any questions or concerns.



## **CANCELLATION AND NO-SHOW POLICY**

Office appointments require a minimum of 1 business day cancellation and procedure appointments require 2 business days cancellation notice. Without proper notification you will be subject to a no-show fee. Patients who no-show three (3) or more times in a year, may be dismissed from the practice and will be denied any future appointments.

**Office Appointments – Minimum 1 business day cancellation**

**Procedures (injections and nerve studies) – Minimum 2 business days cancellation**

We understand that Special unavoidable circumstances may cause you to cancel within 24 hours. Fees in this instance may be waived but only with management approval. Our practice firmly believes that a good physician/patient relationship is based upon understanding and good communication.