

Location:

\_\_\_ 3603 Paesanos Parkway, Suite 205A, San Antonio, Texas 78231  
\_\_\_ 3903 Wiseman Blvd, Suite 311, San Antonio, Texas 78251  
\_\_\_ 12602 Toepperwein Rd, Suite 218, San Antonio, Texas 78233

NEXT PROCEDURE (TYPE): \_\_\_\_\_

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

SCHEDULED TIME: \_\_\_\_\_

### Procedure Instructions

1. Inform our staff of the following:

- Fever, Cold, Acute Illness
- Allergy to X-Ray dye
- Pregnant
- Pacemaker/ AICD
- Taking blood thinners, such as Coumadin, Heparin, Plavix, Aspirin, Eliquis, Xarelto
- **BLOOD THINNERS MAY NEED TO BE STOPPED PRIOR TO PROCEDURE. Please discuss with our physician.**

2. No food or drink 8 hours prior to procedure time, including **gum, candy and chewing tobacco**.
3. You may take your morning medication with a sip of water, includes blood pressure, asthma, thyroid medication, and pain medications.
4. **If receiving sedation your driver MUST have a valid driver's license and needs to accompany you to your procedure appointment.**
5. Wear loose fitting clothing, **NO EARRINGS.**
6. If you have a **LATEX, PEANUT, IODINE** allergy, please alert us immediately.
7. **Arrive 30 minutes** before your scheduled procedure time.

**You may have an IV placed to administer medications and fluids.**

**Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

Please call us at 210-615-1901 if you need to reschedule or cancel your appointment.  
We reserve the right to charge a **\$75.00** fee if you fail to provide 24 hour notice.

### Diabetic Patients

Please follow these instructions the day of your procedure appointment

- Check your blood sugar the morning of procedure. **Please alert us before leaving your home if it is above 250.**
- Take ½ dose of insulin day of procedure
- Drink clear liquid 4 hours before procedure (Gatorade or Apple Juice)

### Female Patients

Please alert us **IMMEDIATELY** if you are trying to get pregnant, pregnant, or might be pregnant before the procedure.

### DISCHARGE INSTRUCTIONS:

1. **IF you RECEIVED SEDATION, DO NOT** drink alcoholic beverages, **do not drive**, or make **important decisions** for 24 hours after procedure.
2. **Do not drive a car, do not use stairs or a ladder, or engage in strenuous activity until the numbness has worn off and full strength has returned to your arms and legs. This may last as long as 8 hours after the injection.**
3. Apply ice to the injection site if sore, but not directly on the skin, for 10 minutes only. You can do this 3 times the first 24 hours. You may apply heat the **next day**.
4. Do not submerge the procedure site in water for the remaining day of your procedure. (No swimming, bathing)
5. Walking and limited activities (nothing strenuous) the day of the procedure. You may resume all activities the following day. You may resume work the following day, unless advised differently by your provider.
6. Resume regular diet after procedure.
7. If you are currently receiving physical therapy, you may resume the day after the injection.
8. It may be several days before you see improvement. For some patients, the pain may be worse the day following the procedure before gets better.
9. If you get pain relief, it may last from few days to several months following the procedure.
10. If you are taking **blood thinner medication** and stopped it for the procedure **you may resume** taking the blood thinner medication again as instructed by provider.

### POSSIBLE EFFECTS OF EPIDURAL STERIOD INJECTION:

1. Soreness, stiffness, mild bruising, and muscle cramping can occur at and around the injection site.

#### **Call your provider office if you have any of the following:**

2. Signs of infection at the site would be redness, drainage or swelling, pain at the injection site, fever/chills.
3. Severe headache that is worse when standing.
4. Increased numbness and tingling in your arms or legs.
5. Any new bowel or bladder incontinence (changes).
6. **Diabetic Patients:** Steroid medication may increase blood glucose. Please **monitor** your **blood sugar 2-3 times a day** following your steroid injection. Please contact your primary doctor or the doctor that is caring for your diabetes if your blood sugars **stay too high (over 300)**, as this is a side effect of the steroid mediation, in poorly controlled patients.
7. Steroid medication (like cortisone) can cause a flushed feeling, red face, insomnia, racing heart, headache, and a feeling as if you have a fever. These effects are rare and generally harmless and should subside in a day or so.