



Coastal Spine & Pain Center

Surgical Center / Office Pre-Procedure Preparation

Patient Name: _____ Procedure Date: _____

Procedure: _____

In preparation for the procedure listed above please follow the following instructions:

- For **ONE WEEK** prior to the procedure, do not take any **NSAIDs** (Advil, Motrin, Aleve, or any compound containing ibuprofen), **aspirin** (or any compound containing aspirin), or **any blood thinning medication**.
- If you are on a blood thinner such as coumadin, warfarin, Plavix, Aggrenox, or clopidogrel you will need to have clearance to hold the medication(s) by your Primary Care Physician or Cardiologist prior to the scheduling of your procedure.
- If you have ANY implanted hardware, or if you typically take antibiotics for dental or other medical procedures please make us aware of this. You may need to be given antibiotics prior to the procedure to help prevent an infection.
- You will need someone to drive you home after the procedure, so please make arrangements for this.
- After the procedure you will be given a pain diary to fill out. Please follow the instructions on the form and bring it with you on your follow-up appointment.
- Please use ice on the injection site for 1-2 days following your procedure four times daily for 20 minutes at a time. This will greatly reduce your post-procedure soreness. Do not shower for 8 hours following your procedure.
- All our patients will have a post-procedure follow-up within two weeks following the procedure.
- If you have any fever, severe increase in pain, new weakness/numbness, new bowel or bladder symptoms—call our office immediately.
- If your procedure is planned for the surgical center:
 - You are required to arrive **1 hour** prior to your scheduled procedure time.
 - At the surgical center, you will have an IV placed prior to the start of the procedure.
 - We offer our patients the option of having sedation prior to the procedure which consists of an IV anxiolytic and an IV pain medication. This will make the procedure much more comfortable for you. However, this is completely optional, and you can decide on the day of the procedure whether or not you want sedation.
 - If you would like to have sedation on the day of the procedure, you cannot eat or drink anything for 8 hours prior to the procedure. Please note that you should take your usual medications (except those listed above) the day of your procedure with SMALL SIPS of water only.