



### **Pre-procedure Instructions**

- Sedation is available; however, this is optional and is the patient's choice
  - Sedation is "light" sedation
  - You will NOT be going to sleep for your procedure
  - You will be monitored by a nurse anesthetist
  - Scientific studies suggest that this is the safest way to do injections
- **NOTHING TO EAT or DRINK (NPO) 6 hours prior to arrival**
- **You may take medications with a sip of water**
- **ALL patients must have a driver** (the driver must remain in our office)

### **Instructions for Stopping Anticoagulants and Anti-inflammatories**

- NSAIDS: do not stop
- ASA: stop for 5 days
- Plavix (Clopidogrel): stop 7 days prior to procedure
- Effient (Prasugrel): stop for 10 days prior to procedure
- Ticlid (Ticlopidine): stop for 10 days prior to procedure
- Xarelto (rivaroxaban): stop for 3 days prior to procedure
- Eliquis (apixaban): stop for 5 days prior to procedure
- Coumadin (Warfarin): stop for 5 days prior to procedure ⇒ INR < 1.5 (**pt. must have blood draw day of procedure**)
- Pradaxa (Dabigatran): stop for 5 days prior to procedure
- Trental (Pentoxifylline): stop for 2 days prior to procedure
- Pletal (Cilostazol): stop for 2 days prior to procedure

### **Notes**

It is **NOT** necessary to discontinue anticoagulants/ blood thinners for: lumbar/thoracic/ cervical medial branch blocks, trigger point injections, genicular nerve blocks, genicular RFAs, joint injections (i.e., shoulder, hip, knee), SI joint, piriformis injections, and any nerve blocks

**Stop blood thinners** per protocol above for: caudal epidural, TFESI, any epidural steroid injection, RFA (exception is genicular RFA), lumbar sympathetic block, celiac plexus block, stellate ganglion block, spinal cord stimulator trials

### **Questions?**

Phone: 502 253 0505

Fax: 502 253 0303



Injections are an important part of your treatment plan. A significant amount of time has been spent pre-authorizing these procedures with your insurance company, and we expect that you will do everything you can to keep these appointments. If you are unable to keep your appointment, we would greatly appreciate contacting our office at least 48 hours prior to your scheduled appointment. As a reminder, your narcotic contract/ agreement states:

I agree to participate in all other types of treatment that I am asked to participate in by my physician/medical provider at Specialists in Pain Care.

I understand that missing appointments or cancelling or rescheduling appointment with less than 24 hours advance notice may result in a discontinuation or reduction in my pain medication.

I agree to follow through on appointments that may help me with my chronic pain and functioning. These may include physical and occupational therapy, counseling and other mental health practices, neurosurgery, neurology and orthopedics. Consistent failure to keep these appointments and therapies may result in the stopping of your opioid pain medications.