

Procedure Instructions

1. Please report to your appointment at your scheduled arrival time.
2. You must have someone with you to drive you home.
3. Please do not have anything to eat or drink at least 6 hours prior to your procedure.
4. Bring a list of your current medications. Please take blood pressure medication, and other essential medications, with a sip of water before coming to procedure.
5. If you are taking any blood thinning products see table below.

ANTICOAGULATION PROTOCOL

MEDICATION	WHEN TO DISCONTINUE	LAB. DRAWN PRIOR TO PROCEDURE
Warfarin/Coumadin	7 days	PT/INR
Clopidogrel/Plavix	7 days	Bleeding time/ PFA
ASA/Aspirin*	7 days	Bleeding time/ PFA
Eliquis	3 days	
Enoxaparin/Lovenox	10 days	
Ticlopidine/Ticlid	7 days	Bleeding time/ PFA
Tirofiban/ Aggrostat	7 days	Bleeding time/ PFA
Dipyridamole/Aggrenox	7 days	Bleeding time/ PFA
Pletal/Cliostazol	7 days	Bleeding time/ PFA
Pradaxa / Xarelto	2 days	
Vitamin E, Garlic, Ginseng, Fish Oil, Omega 3, Ginko, Ginger, Feverfew	7 days	
Tumeric	3 days	

6. If you are diabetic, please let your pain care physician or nurse know to receive information about diet and insulin.
7. Wear comfortable clothing and low-heeled shoes.
8. Please leave all jewelry and any valuables at home.
9. If you are late, your appointment may be delayed or rescheduled according to the doctor's schedule.

Procedure Instructions Cont'd

During your procedure:

1. Your procedure will be performed in one of our procedure rooms.
2. If you desire Sedation, you will have an intravenous infusion started. Your blood pressure, pulse, and respirations will be monitored by our CRNA so you will be comfortable and safe.
3. Your doctor will determine in what position he will perform your procedure.
4. The doctor will order your sedation to help reduce any kind of discomfort and anxiety you may have.
5. The doctor will give you local anesthetic at the injection site.
6. Your procedure can last anywhere from 15 minutes to 60 minutes, depending upon the procedure.
7. Your family may wait for you in the waiting room.

After your procedure:

1. Pain relief is variable. It may occur immediately, but may also take several days for the procedure to be effective. In addition, there may be soreness from the procedure for a few days. You must understand that some medications take several days to affect the pain.
2. You will remain in the Recovery Room approximately 30 minutes after your procedure, depending upon whether you have sedation.
3. You will still be monitored to include blood pressure, pulse, and respiration while in the Recovery Room.
4. You will be offered liquids at that time.
5. You will note some drainage from the site, but this is normal.
6. You may experience increased pain and soreness at the injection site for 48 hours after the procedure.
7. Some side effects may occur, but the nursing staff will go over these with you prior to your discharge.
8. The doctor will tell you, at the time of your discharge, when to follow-up.

*It is okay to stay on Baby Aspirin if you are having a Lumbar Procedure.