



## PRE-PROCEDURE INSTRUCTIONS FOR OFFICE PROCEDURES

### Facet Blocks, Medial Branch Blocks, Radiofrequency and SI Joint Injections:

- You **DO NOT need** to stop NSAIDs (Advil, Motrin, Aleve, and Ibuprofen for example), PLAVIX, COUMADIN or other blood thinners.

### Epidural Injections:

- NSAIDs **-STOP** 3 prior to procedure
- **Prescribed blood thinners**
  - Pradaxa 4 days
  - Plavix 7 days
  - Coumadin 5 days
  - Eliquis 2 days
  - Xarelto 2 day's cervical and 1 day lumbar
  - Effient 7 to 10 days
  - Brilinta 5 to 7 days

***Patients on any prescribed blood thinner must contact prescribing physician for clearance and recommendations on when to stop and restart the blood thinner.***

- Coumadin is the **ONLY** medication that needs PT/PTT done the morning of the injection.

### GUIDELINES for Aspirin Use

- 81 mg Aspirin: Patients **MAY** continue for Lumbar Epidurals. For Cervical Epidurals please discuss with MD or PA.
- 325 mg Aspirin: Should be changed to 81 mg aspirin 7 days prior to lumbar Epidural.

### GENERAL

- **Continue all other medications as directed not listed above.**
- If you are pregnant or think you may be pregnant, please let us know. The doctor will write an order for a blood test.
- If you are diabetic, please inform the doctor so arrangements can be made regarding your diabetic medication.
- If you are taking oral sedative prior to your procedure, please make arrangements to have someone drive you to and from the procedure.



### CERVICAL

- Medial Branch Nerve Block
- Facet Joint Injection
- Radiofrequency Ablation

Whether you have sedation or not :

- We recommend having a driver for the procedure due to possible temporary post procedure dizziness, which can last up to 12 hours.
- You may use Uber or Lyft for transportation.
- If you do not have a driver you may have to stay in the office after the procedure for monitoring , up to 8 hours.
- We do **NOT** recommend returning to work the day of the procedure.