



SURIGICAL CENTER PROCEDURE INSTRUCTIONS

DATE: _____

- Shrewsbury Surgical Center
 - Neptune Surgical Center
- The Surgical Center will call the day prior to give you your arrival time.
If you do not hear from the center by 3PM the day prior to your procedure you should call them immediately.

IF YOU ARE RECEIVING SEDATION:

- **DO NOT EAT** anything at least **8** hours before your block *if you are receiving sedation*. Come with an empty stomach. **Please do not chew gum or suck on any candy.** It is okay to drink clear liquids only up to **6** hours before your block (WATER, APPLEJUICE, OR GINGER ALE). **Please, no tea or coffee (regular or decaf).**
- You should have an escort to drive you home due to the nature of the procedure. **THIS IS MANDATORY IF RECEIVING SEDATION.** The driver must meet you in the Pain Center to escort you to the vehicle. They cannot wait for you in the car.

Facet Blocks, Medial Branch Blocks, Radiofrequency, SI Joint and joint injections:

- You **DO NOT** need to stop NSAID's (advil, motrin, aleve, ibuprofen for example), Plavix, Coumadin, or other blood thinners.

Epidural Injections:

- NSAID's/Antinflammatories (advil, motrin, aleve, ibuprofen, voltaren, for example) - STOP 3 days prior to procedure.
- You must contact and obtain permission for stopping blood thinners from the prescribing doctor's office to determine how long the medication has to be stopped.

Guidelines for Aspirin Use:

- Continue with aspirin unless you are scheduled for cervical epidural injection.

DIABETIC

- If you are diabetic, you need to let us know and we will schedule your procedure early in the morning. Take 1/3 of your long acting insulin the morning of your procedure only. Do not take any oral diabetic medications.

Other Medications:

- Continue to take any other medications (such as blood pressure pills, seizure medications, asthma medication, etc.) as you usually do up until and including the morning of the procedure. You may take these medications the morning of the block with a small sip of water.

Radio Frequency Denervation:

- Please inform us if you have a PACEMAKER and/or DEFIBRILLATOR.

IF YOU ARE PREGNANT OR TRYING TO GET PREGNANT YOU MUST INFORM THE DOCTOR IMMEDIATELY.

I have read and understand the above instructions X _____ Date: _____

Facilities

SHREWSBURY SURGICAL CENTER

655 Shrewsbury Avenue, Shrewsbury, NJ 07702 732-450-9017

Parkway to exit 109 – turn onto Route 520 East – at 3rd (from Parkway North) or 4th light (from Parkway South), make a right onto Shrewsbury Avenue – at 3rd light, make a left into 655 Shrewsbury Avenue.

(Patient calls the center between 2-4pm the day prior for show up time. If busy call back or leave a message and they will call you back.)

NEPTUNE SURGERY CENTER (SURGICAL INSTITUTE, LLC)

3613 Highway 33 Corlies Avenue, Neptune NJ 07753 732-918-0061

Directions from North: Parkway South to exit 100B and proceed ½ mile. Center will be on your left. OR Rt. 18 South to exit 8B. Take Rt. 33 West for 1.75 miles Center on the right.

Directions from the South: Parkway North to exit 100 and proceed ½ mile. Center will be on your left. OR Rt. 18 North exit 8. Take Rt. 33 West for 1.75 mile. Center on the right.

(Center calls patient between 10-2 pm the day prior to inform them of show up time)