



PRE-PROCEDURE POLICIES AND INSTRUCTIONS

- Please make the staff aware if you have recently or are currently taking **antibiotics and/or steroids**, as this may result in rescheduling due to medical precautions.
- If having sedation, **do not eat anything for at least 8 hours prior to the time of your procedure.** You may have water only up to **2 hours** prior to the time of your procedure (**NO COFFEE**). You may take your morning medications with a sip of water. **If these precautions are not followed you will not be offered sedation and may need to reschedule.**
- Continue all of your usual medications as prescribed **except for blood thinners and diabetic medications**, which may need to be stopped temporarily.
 - If instructed by Greater Austin Pain Center to stop your blood thinner **and** have received permission from the physician who prescribes your blood thinner to discontinue it, you should follow the below recommendations:
 - **Coumadin:** You must stop this medication **5 days** prior to your procedure, with approval of the prescribing physician. It may be restarted the evening of the procedure. A **PT/PTT/INR** lab test must be performed the evening/night prior to the procedure.
 - **Pradaxa:** You must stop this medication **5 days** prior to your procedure, with the approval of the prescribing physician. It may be restarted the evening of the procedure unless you had stimulator leads implanted, then you must wait until the leads have been removed.
 - **Plavix or Pletal** (Cilostazol): You must stop these medications **7 days** prior to your procedure, with approval of the prescribing physician. These may be restarted the evening of the procedure.
 - **Lovenox:** You must stop this medication **24 hours** prior to your procedure, with approval of the prescribing physician. It may be restarted 24 hours after the procedure. If you are receiving a spinal cord stimulator trial, do not restart Lovenox until **24 hours** after your leads have been removed.
 - **Heparin:** You must stop this medication **12 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted 12 hours after the procedure. A **PT/PTT/INR lab test** must be performed at least 12 hours after the last dose. If you are receiving a spinal cord stimulator trial, do not restart Heparin until **12 hours** after your leads have been removed.
 - **Ticlid** (Ticlopidine): You must stop this medication **14 days** prior to the procedure, with the approval of the prescribing physician. It may be restarted the evening of the procedure.
 - **ReoPro** (Abciximab): You must stop this medication **48 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted the evening of the procedure.
 - If you have diabetes, make sure to eat a light meal 8 hours prior to your procedure.
 - If your procedure is **scheduled prior to 12pm (noon)**, HOLD your morning insulin dose.

- If your procedure is **scheduled after 12pm (noon)**, take half of your morning insulin dose.
 - Bring your insulin with you. Corticosteroids may be used in your procedure. If you are diabetic, these medications can cause a temporary rise in your blood glucose that can last several days. It is recommended you monitor your blood glucose regularly and treat accordingly. If your levels go above 250 or remain elevated please contact your treating provider. **If your levels are above 300, you will be rescheduled.**
- If you are having a lumbar epidural injection or your procedure involves sedation you **MUST** have a driver. We cannot release you to a cab or public transportation (i.e. Uber, Lyft, etc.). The only exception is Special Transit Services. Patients **MUST** have their driver in the lobby at the time of their scheduled appointment to ensure all patients are seen in a timely manner. Also, their driver is to stay on premises until the patient's procedure is complete.
 - Wear comfortable clothing and low-heel shoes.
 - Please leave jewelry, cellphone and other valuables at home or with driver.
 - Any insurance copays or uncovered expense (deductible) must be collected prior to injection.

PRIOR TO YOUR PROCEDURE:

- You may have an IV started.
- You may be asked to change into a gown.
- Your doctor may prescribe sedation to help reduce discomfort and anxiety.
- Typically the entire process from being checked in to being discharged takes approximately 30 minutes to 1 hour. (The scheduled appointment time is the arrival time, not necessarily when the patient will be brought back to the fluoroscopy suite).
- Your driver **MUST** wait for you in the waiting room and park on the west side of the building. **If your ride is not available to wait, then Greater Austin Pain Center cannot administer sedation due to safety precautions.**

AFTER YOUR PROCEDURE:

- You will remain in the recovery room approximately 15 minutes after your procedure.
- You may experience side effects from the sedation medications. The nursing staff will go over these with you prior to your discharge.

AFTER DISCHARGE FROM THE SURGICAL FACILITY:

- **DO NOT operate a vehicle or heavy machinery within 24 hours after you have received sedation.**
- **DO NOT operate a vehicle or heavy machinery within 8 hours after you receive a lumbar epidural injection without sedation as you may experience temporary leg weakness/numbness.**
- Pain relief may occur immediately after the procedure, but may also take several days. A few days of soreness after the procedure are normal.
- We suggest applying ice to injection sites for 20 minutes and then removing for 20 minutes. Repeat this cycle of applying ice on/off for the first 24 hours.
- Notify the office immediately if you experience a fever (>101° F), loss of strength, and/or bowel or bladder continence.

I have carefully read and I fully understand this *Pre-procedure Instruction* form and have had the opportunity to discuss my condition with the care provider. All of my questions have been adequately answered.

Patient Name: _____

Patient Signature: _____ Date: _____