

NJ Spine & Pain Center

1-877-SPINE-81

PAIN MANAGEMENT PROCEDURE PRE-INJECTION INSTRUCTIONS:

It is very important that you read these instructions now and again before arriving for your appointment:

1. Take your usual medications the morning of the procedure with a small sip of water, *except* for the following:

a. Aspirin 325mg. This should be stopped 5 days prior to your procedure with your prescribing doctor's approval (including Soma Compound, Excedrin, etc.)

b. Coumadin. Check with your prescribing physician as to when this medication can be discontinued. (We recommend 5 days prior to your procedure).

c. Other Blood Thinners. These should also be stopped 5 days prior to your procedure. They include: Plavix, Aggrenox, Trental, Pletal.

d. Dietary Supplements. These must be discontinued 7-10 days prior to your procedure. This includes Vitamin E, Ginger, Ginko Biloba, Garlic, Gensing, etc. Multiple Vitamins must be discontinued for 5 days.

Should you have any questions regarding medications that you are currently taking, please contact our office *before your procedure*.

2. For ALL procedures, we require that you ***DO NOT eat or drink any foods or liquids.***

which includes milk products, 6 hours before your procedure.

3. Diabetic patients should be aware that steroid injections might elevate blood sugar values temporarily. Please speak with us regarding management of diabetic medication prior to your procedure.

4. IF YOU ARE PREGNANT OR TRYING TO GET PREGNANT YOU MUST INFORM THE DOCTOR IMMEDIATELY. All women of child bearing age, must be subject to a pregnancy test prior to any procedures.

5.1 acknowledge that I have read and fully understand the above directions and that I agree to have a designated adult driver to take me home from the procedure. I understand I will need to recover at the facility for a minimum of 15 minutes or as directed by the physician. If I do not comply with the above named instructions, the staff reserves the right to refuse treatment.

Patient Signature _____
Date _____

Any other questions regarding your procedure can be directed to our office at 1-877-SPINE-81 or (609) 587-6070

PLEASE NOTE: IF YOU ARE HAVING ANY INTRAVENOUS (IV) SEDATION OR EPIDURALS THE DAY OF YOUR APPOINTMENT, YOU

***MUST HAVE AN ADULT WITH YOU TO DRIVE YOU HOME AFTER
YOUR
PROCEDURE.***