

## **PRE-PROCEDURE INSTRUCTIONS:**

**If you are having conscious sedation or monitored anesthesia care for your procedure, you must not drive or operate machinery for 24 hours after the procedure is completed.**

You **MUST** bring a responsible adult escort to drive you home. You will not be allowed to take a taxi or other public transportation without being accompanied by a responsible adult escort.

If your procedure involves anesthesia, for your safety, do **NOT**:

- Eat anything for at least **6 hours** prior to the time of your procedure.
- You may have milk up to **6 hours** and clear liquids (water, carbonated beverages, juice without pulp, tea and black coffee) up to **4 hours** prior to the time of your procedure.
- You may take your morning medications with a sip of water.

If these precautions are not followed you will not be offered anesthesia 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 you have an infection currently or will be on antibiotics on the day of your procedure, please call our office before coming in for your appointment to ensure it is safe for you to receive an injection.

If instructed by Dr. Elahi to stop your blood thinner **and** you have received permission from the physician who prescribes your blood thinner to discontinue it, you should follow the below recommendations:

**Coumadin** (Warfarin): 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 late in the day before or on the day of the procedure. If you are receiving a spinal cord stimulator trial, do not restart Coumadin until **the evening** after your leads have been removed.

**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. If you are receiving a spinal cord stimulator trial, do not restart Pradaxa until **the evening** after your 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. If you are receiving a spinal cord stimulator trial, do not restart Plavix or Pletal until **the evening** after your leads have been removed.

**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. If you are receiving a spinal cord stimulator trial, do not restart Ticlid until **the evening** after your leads have been removed

**ReoPro** (Abciximab): You must stop this medication **24-48 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted the evening of the procedure. If you are receiving a spinal cord stimulator trial, do not restart ReoPro until **the evening** after your leads have been removed

**Aggrenox** (Aspirin/extended-release Dipyridamole): You must stop this medication **3 days** prior to the procedure, with the approval of the prescribing physician. It may be restarted the evening of the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **the evening** after your leads have been removed.

**Xarelto** (Rivarxaban): You must stop this medication **24 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted **6 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **6 hours after** your leads have been removed.

**Effient** (Prasugrel): You must stop this medication **7 days** prior to the procedure, with the approval of the prescribing physician. It may be restarted **2 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **2 hours after** your leads have been removed.

**Fragmin** (Dalteparin): You must stop this medication **12 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted **2 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **2 hours after** your leads have been removed.

**Arixtra** (Fondaparinux): You must stop this medication **48 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted **2 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **2 hours after** your leads have been removed.

**Xigris** (Drotrecogin): You must stop this medication **24 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted **2 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **2 hours after** your leads have been removed.

**Integrelin** (Eptifibatide): You must stop this medication **8 hours** prior to the procedure, with the approval of the prescribing physician. It may be restarted **2 hours after** the procedure. If you are receiving a spinal cord stimulator trial, do not restart the Aggrenox until **2 hours after** your leads have been removed.

**Eliquis (Apixaban):** You must stop this medication **48 hours** prior to the procedure, with the 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 the Aggrenox until **24 hours after** your leads have been removed.

**Brilinta (Ticagrelor):** You must stop this medication **6 days** prior to the procedure, with the 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 the Aggrenox until **24 hours after** your leads have been removed.

If your procedure involves anesthesia and you have diabetes, make sure to eat a light meal 8 hours prior to your procedure.

o If your procedure is **scheduled prior to 12 pm**, HOLD your morning insulin dose.

o If your procedure is **scheduled after 12pm**, take **half** of your morning insulin dose.

o Bring your insulin with you.

If your procedure involves anesthesia you **MUST** have a driver or a responsible adult who can assist you after you receive anesthesia. We cannot release you to a cab or public transportation without a responsible adult. You are required to have a responsible individual accompany you home. Patients are strongly encouraged to have their driver or responsible adult in the lobby at the time of their scheduled appointment. Your procedure may be cancelled if we cannot verify your driver or responsible adult at the time of your appointment.

- Wear comfortable clothing and low-heeled shoes.
- Please leave jewelry and other valuables at home.
- You must arrive 30 minutes prior to your procedure time. If you are later, your procedure may be delayed or cancelled.

#### **PRIOR TO YOUR PROCEDURE:**

- You may have an IV started.
- You may be asked to change into a gown.
- Your doctor may prescribe anesthesia to help reduce discomfort and anxiety.
- The entire process from checking in to being discharged takes approximately 30 minutes to 2 hours.
- Your family may wait for you in the waiting room.

#### **AFTER YOUR PROCEDURE:**

- You will remain in the recovery room approximately 15-30 minutes after your procedure.
- You may experience side effects from the anesthesia medications. The medical 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 24 hours after you have received sedation.
- 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 for the first 24 hours.
- Notify the office if you have a fever (body temperature of 101 degrees Fahrenheit or higher).

Please remain at home and by the phone the day of your procedure. Occasionally the schedule changes due to emergencies or cancellations, which could affect your procedure's starting time. If you are not available your procedure may be subject to cancellation.