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PLEASE READ THIS **THREE PAGE** DOCUMENT IN ADVANCE OF YOUR PROCEDURE. IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE AT **at 212-606-1768.**

1. **BLOOD THINNING MEDICATIONS MUST BE STOPPED PRIOR TO YOUR PROCEDURE, AS SPECIFIED BELOW. PLEASE MAKE SURE TO CHECK WITH THE PRESCRIBING DOCTOR BEFORE STOPPING ANY BLOOD THINNERS.**
 - **Pradaxa (Dabigatran)** - stopped **4-5 days** prior to procedure
 - **Xarelto (Rivaroxaban)** - stopped **3 days** prior to procedure
 - **Eliquis (Apixaban)** - stopped **3-5 days** prior to procedure
 - **Effient (Prasugrel)** - stopped **7 days** prior to procedure.
 - **Coumadin (Warfarin)** - stopped **5 days** prior to procedure and have bloodwork for PT/PTT and INR checked day of procedure upon admission to special procedures unit.
 - **Plavix (Clopidogrel)** - stopped **7 days** prior to procedure.

2. **ASPIRINS:**
 - **Ecotrin (baby aspirin-81mg)** – stopped **24-48 hours** prior to procedure
 - **Regular Aspirin (325mg)** – stopped **5 days** prior to procedure.

3. **NON ASPIRIN NON-STEROIDAL ANTI-INFLAMMATORIES (NSAIDS)**
 - **Advil, Motrin (Ibuprofen)** – stopped **1 day** prior to procedure
 - **Alleve (Naproxen)** – stopped **4 days** prior to procedure
 - **Naprosyn, Anaprox, Midol (Naproxen)** –stopped **4 days** prior to procedure
 - **Mobic (meloxicam)** – stopped **2 days** prior to procedure
 - **Voltaren, Arthrotec (Diclofenac)**- stopped **1 day** prior to procedure
 - **Lodine (etodolac)**—stopped **2 days** prior to procedure
 - **Celebrex (Celecoxib)** – stopped **2 days** prior to procedure
 - **Indocin (Indomethacin)**—stopped **2 days** prior to procedure
 - **Toradol (etodolac)** – stopped **1 day** prior to procedure
 - **Relafen (nabumetone)** – stopped **6 days** prior to procedure
 - **Daypro (Oxaprozin)** – stopped **10 days** prior to procedure
 - **Feldene (Piroxicam)** – stopped **10 days** prior to procedure
 - **Lovazza Fish Oil, Omega 3's** – stopped **2 days** prior to procedure

GENERALLY, ALL THE ABOVE MEDICATIONS CAN BE RESUMED 24 HOURS POST PROCEDURE.

FOR PRP (PLATELET RICH PLASMA) PROCEDURES, ALL NSAID's MUST BE STOPPED FOR ONE WEEK PRIOR AND TWO WEEKS POST PROCEDURE.

FREQUENTLY ASKED IMPORTANT QUESTIONS:

- CAN I EAT OR DRINK PRIOR TO THE PROCEDURE?

When you **CANNOT** eat or drink:

1. **IV SEDATION PROCEDURES** – DO NOT eat or drink after midnight prior to the procedure. You may need bloodwork when you arrive at the special procedures unit, or prior to the day of your procedure, depending on what procedure is being performed.
2. **CERVICAL INJECTIONS OF ANY TYPE AND STELLATE GANGLION BLOCKS**-DO NOT eat or drink **SIX (6) hours** prior to the procedure. If your procedure is early in the morning, no eating or drinking after midnight.

When you **CAN** eat and drink:

LUMBAR PROCEDURES—you may have a light meal the day of your procedure.

- WHAT IF I AM ALLERGIC TO SHELLFISH, IODINE, or DYE?

If **YES**, you must inform the office so the proper precaution can be taken **24 hours** prior to your procedure. You will need a prescription for **ORAL PREDNISONE** and **BENADRYL** called in to your pharmacy by our office.

- WHAT IF I HAVE A PACEMAKER?

If you **DO** have a pacemaker, please inform the office as soon as possible as to the **BRAND, MODEL, and number** of your pacemaker. If you have a pacemaker, you **CANNOT** have an **MRI** but you **CAN** have a **CT (Catscan)**. The pacemaker will need to be reset after procedures that require **RADIOFREQUENCY**. Prior to your appointment we arrange a special representative from your pacemaker company to be present during your procedure to reset it.

- WHAT IF I HAVE HYPERTENSION?

Please continue your anti-hypertensive medications prior to your procedure.

- WHAT IF I HAVE DIABETES?

Most diabetes medications can be continued on your usual schedule prior to your procedure.

An **EXCEPTION** to this is **GLUCOTROL (GLIPIZIDE)**—YOU MUST STOP GLUCOTROL PRIOR TO YOUR PROCEDURE.

Additionally, you will want to monitor or have your doctor monitor your blood sugar levels for a few weeks after a steroid injection, as steroid tends to temporarily elevate blood sugar levels.

WHAT IF I TAKE MULTIPLE MEDICATIONS?

Please provide our office with a list of **ALL** your current medications for our files.

DO I NEED TO BE ACCOMPANIED HOME?

If you are sedated for your procedure, you must have someone to accompany you home.

CAN I DRIVE MYSELF HOME AFTER MY PROCEDURE?

If you have been given IV sedation, or a medication to calm you, such as Ativan or Valium, you cannot drive yourself home after a procedure.