

Pre-Procedure Information Sheet

Morning Procedures (Before Noon)

- Do not eat or drink anything after midnight.
- Take early morning medications at the usual time with a sip of water, not juice or milk.
- Diabetic patients should not take morning insulin or oral diabetes medications if taken with food. Bring this dose with you to the facility. Blood sugar levels will be checked and treated after the procedure.

Afternoon Procedures

- Do not eat or drink anything after 5:00 a.m. the day of the procedure.
- Take early morning medications at the usual time with a sip of water, not juice or milk.
- Diabetic patients should not take morning insulin or oral diabetes medications if taken with food. Bring this dose with you to the facility. Blood sugar levels will be checked and treated after the procedure.

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- Please inform the doctor's staff before the procedure if you are allergic to iodine or latex or if you have had a severe allergic reaction to either of these.
 - Inform the doctor's staff if you are taking an antibiotic for any type of infection prior to the procedure.
 - You must have a driver present for transportation after discharge.
 - Patients must discontinue any products containing aspirin for 5-7 days prior to an injection. This includes IBUPROFEN, ALEVE, ADVIL, MOTRIN, ASPIRIN, ECOTRIN, GOODY or BC POWDERS.
 - Patients must also be off any anti-inflammatories such as, CELEBREX, MOBIC, NAPROSYN, NAPROXEN, LODINE, INDOCIN, FELDENE, RELAFEN, VOLTARIN and ARTHROTEC for 5-7 days prior to an injection.

If you are on prescription anti-coagulants (blood thinners) such as PLAVIX, COUMADIN, HEPARIN, or AGGRENOX, you must contact the prescribing physician to obtain clearance to discontinue the medication for 5-7 days prior to your procedure. You will need instructions on how and when to stop and resume these medications. Your injection will be scheduled for the 6th day you are off your blood thinner.

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 **TOC Spine Center**

Toll Free Spine Care Hotline:

1.877.957.7463 (1.877.95 SPINE)