

# PRE-PROCEDURE INSTRUCTIONS

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1. Arrange for an adult to drive you home after the procedure.
2. You must stop taking any BLOOD THINNING MEDICATIONS for at least 7 days prior to the date of the procedure. This limits the chance of a bleeding complication. These medications include among others:
  - aspirin
  - ecotrin
  - bufferin
  - ibuprofen
  - Motrin
  - Advil
  - Naprosyn (naproxen)
  - Relafen (nabumetone)
  - Voltaren (diclofenac)
  - Lodine
  - Cataflam
  - Feldene
  - Ticlid
  - Aleve
3. You should stop Plavix, Coumadin, Pradaxa, etc. for 5 days prior to the procedure. If you have questions regarding stopping your blood thinners like Plavix, Coumadin, Pradaxa, etc., ask your provider and/or your primary care physician.
4. Do not eat or drink for 6 hours prior to your procedure although you may take your regular medications with small sips of water.
5. If you are diabetic and on insulin, check with your primary care physician about your insulin use.
6. Use ice for the first 24 hours, for soreness and discomfort at the injection site. Then use heat or ice (whichever is most comfortable for you) for 20 minutes at a time, 3-5 times a day for your comfort.
7. After the procedure, take your pain medication and regular medication as directed by prescription.
8. Prescription refills will not be given the day of your procedure. Please call the office in advance for renewals/appointments.
9. For any questions or concerns, do not hesitate to call the office at 707-308-3105.
10. Additional instructions: \_\_\_\_\_

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Patient Signature

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Provider Signature

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Date