

### Pre Procedure Instructions

**Do not eat or drink** 8 hours prior to your injection.

You may have clear fluids up until 4 hours before your procedure

**Please stop all anti-inflammatory medications for 3 days prior to your injection.**

*Motrin (Ibuprofen), Aleve (Naprosyn), Mobic (Meloxicam), Voltaren (Diclofenac), Piroxicam (Feldene) Relafen (Nabumetome), Daypro, Indocin, etc... You do not have to discontinue Celebrex.*

**Please notify us if you take Aspirin or any Aspirin products.** You may need to stop these medications prior to your injection.

*Bayer, Baby Aspirin, Excedrin, Goody Powder, BC Powder*

**Please notify us prior to your procedure if you take a blood thinning medication (Coumadin, Plavix, Lovenox, Ticlid, Aggrenox) or have a bleeding disorder.**

**If you are a diabetic and take medication to control your blood sugar level:**

If you are a diabetic and you take oral diabetes medication or regular insulin, do not take your morning dose. If you take NPH, 70/30, or Ultralente insulin, take one-half your usual dose, and drink clear liquids (like black coffee or Sprite) up until 4 hours prior to your procedure. Please contact your physician if you have any questions about your medications.

**You may continue to take your routine blood pressure and heart medications.** These may be taken with a small sip of water in the morning of your procedure.

**Please notify us prior to your procedure if you have had any recent fever or infections.**

**Please arrange for someone to drive you home after your procedure.**

If you do not have transportation home, rescheduling of your appointment may occur. We do not recommend that you drive for 24 hours following your procedure.

### The Day Of Your Procedure

**Please arrive 15 minutes prior to your scheduled appointment time.**

**Please notify us of any changes to your medical history, insurance, or personal information.** Please bring your drivers license and insurance card(s) to your appointment. If you have any available x-ray, CT, or MRI films that pertain to your primary problem, please bring those with you to your first appointment.

**Wear comfortable clothing to your procedure such as elastic waist pants, shorts, or jeans.** If possible, please do not wear a dress or skirt for your procedure.

**If you must cancel or reschedule your appointment, please allow 48 hours to do so. If you have any questions or concerns, please call to speak to a staff member at (770) 436-4450.**