

## **BEFORE THE PROCEDURE**

**Medication:** You should continue to take your medications including those for pain and other health conditions **EXCEPT** for blood thinning medications. You may continue anti-inflammatory (NSAID) medications.

**Diet:** You should refrain from eating for at least 6 hours prior to your procedure. You may have a few sips of water to take your medications.

**Clothing:** Your clothing should be loose fitting and comfortable. If you are having a procedure on your neck and have long hair, please bring something to tie your hair back. If you are having a low back procedure, do not wear a belt, pants with zippers, metal hooks or tips.

**You Will Need a Driver:** Sedation is given with the majority of our procedures and you must arrange for someone other than yourself to drive you home. This person must remain in our center during your procedure.

### **FOR PATIENTS ON ANTICOAGULANTS (Blood Thinning Medication):**

- Patients on **Aspirin** should continue taking the medication. If you take more than one aspirin per day, however, discontinue for 5 days prior to your procedure.
- Patients on **Plavix** should discontinue this medication for **10 days** prior to the procedure **BUT** only after receiving permission from your prescribing physician. We will request a note from your physician stating that is acceptable for you to stop this medication.
- Patients on **Coumadin** (Warfarin) should discontinue this medication usually 7 days before the procedure **BUT** only after receiving permission from the prescribing physician. We will request a note from your physician stating it is acceptable for you to stop your medication. You must have a **NORMAL PT** (protime) prior to any procedure. This will require you having blood work drawn on the day of your procedure. This can usually be performed by the same office that does this routinely for you with the results being faxed to us. If this is to be performed at our center you will need to arrive 2 to 3 hours ahead for the lab work to be performed and processed.
- All anticoagulant medication should be re-started the evening after the procedure unless you are otherwise instructed by your prescribing physician.