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PROCEDURE INFORMATION SHEET

GENERAL PRE/POST INSTRUCTIONS:

You have been scheduled for a procedure.

Date: _____

Time: _____

Place: _____

With the exception of clear liquids, you may not have anything to eat or drink within four hours of the injection time. Examples of clear liquids are water, carbonated beverages, clear tea, and black coffee.

If you are on Coumadin, Heparin, Plavix, or any other blood thinners (including aspirin), stop taking those two days (48 hours) before your procedure.

Please take all other routine medications (i.e. blood pressure medication, pain medication).

If you are a Diabetic, you may eat a light meal within a few hours before the procedure. Please notify the nurse if you are taking any diabetic medications or insulin so the timing of these medications can be explained.

If you would like to receive sedation during your procedure, you **MUST** bring someone to drive you home. No driver, no sedation. No exceptions.

No heat is to be used in the injected area for the remainder of the day.

No tub bath or soaking in water (pool, Jacuzzi, etc.) for the remainder of the day.

You may return to your normal activities the day after the procedure, including returning to work.

If you experience severe back pain, new numbness or weakness of your legs, loss of control of your bladder or bowels, or signs of infection in the area of the injection, you should call the pain management nurse immediately.