



ELPIS PAIN MANAGEMENT CENTER  
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## PRE PROCEDURE INSTRUCTIONS

### The day of your procedure:

1. If you have been started on antibiotics by another physician for a recent infection please call our office and speak with a member of the nursing staff. You may need to reschedule your procedure.
2. Do not eat or drink anything 4 hours before procedure.
3. If you are taking a blood thinner, such as Coumadin, Warfarin, Plavix, Ticlid, Aspirin, NSAIDS, Vitamin E or Herbal medications (such as Garlic, Gingko, Ginger, or Ginseng) then you need to discontinue these medications prior to your procedure. Please **DO NOT** stop any medication until we receive approval from your Physician!

- 1. Coumadin/Warfarin 5 days prior to procedure with labs (INR) done the morning of your procedure
- 2. Ticlid/Ticlopidine 10 days prior to procedure
- 3. Plavix/Clopidogrel 10 days prior to procedure
- 4. Persantine/Dipyridamole 10 days prior to procedure
- 5. Aspirin/Excedrin/Alka Seltzer 10 days prior to procedure
- 6. NSAID's 10 days prior to procedure. NSAID's are nonsteroidal anti-inflammatory drugs such as Ibuprofen, Motrin, Advil, Aleve, Naproxen, Mobic, Celebrex, etc.
- 7. Garlic. Ginger. Gingko 10 days prior to procedure
- Ginseng. Vit. E or Flax Seed Oil
- 8. Other Blood thinner.....

- If you are diabetic and use insulin or oral medication you must adjust your dosage the day of your procedure. Patient's on oral hypoglycemic medication should not take it on the day of their procedure. Patients on insulin should discuss with their attending physician regarding individual dosage adjustment of insulin for the morning of their procedure.
- Do not take pain medication for 4 hours before the time of your appointment
- Please continue to take cardiac, blood pressure, seizure, anti-depressants, respiratory or non-liquid anti-reflux medication with a sip of water.

- \* **You will need to bring a responsible adult with you to drive you home after the procedure. You may not take a taxi or use the public transportation system. You cannot drive or operate hazardous machinery for at least 24 hours after the procedure.**