

PRE-PROCEDURE INSTRUCTIONS

1. Bring a driver to take you home after the procedure. If you are taking an oral sedative medication before the procedure, you will need to have a driver both ways. Please arrive **20 minutes** prior to your scheduled time or you will be considered 'late' and may be asked to reschedule or wait until the end of the day (at the discretion of the physician). Allow anywhere from 30 to 90 minutes for the procedure (ask your physician for more details).
2. Do not take any Excedrin (which contains Aspirin), over-the-counter anti-inflammatory medications (such as Advil, Aleve, Aspirin, etc.), or prescription NSAID's (naproxen, motrin, etc.) for at least 5 days prior to the procedure. If you are unsure, please call and speak to the clinical staff and we will guide you.
3. If you are on any anti-coagulation medication (blood-thinners) such as Coumadin (warfarin), Plavix, Heparin, Lovenox, Aggrenox, Xarelto, etc., please obtain clearance from your primary care physician or cardiologist to stop this medicine at least 5 days prior to the procedure. In most cases, these can be resumed the next day after your procedure. **You must obtain clearance from your doctor, or your procedure will not be done. Your health and safety are our top priority.**
4. To decrease the risk of infection, please take a shower or bath before the procedure.
5. Do not plan any major event, activity or decisions the day of the procedure.
6. For procedures done in the office, you may have a light meal up until 60 minutes prior to your scheduled time.
7. For procedures scheduled at the surgical center, you will be called the day before with additional instructions. Please make sure to provide the best contact information to reach you. If you are scheduled for IV sedation (monitored anesthesia care), you must not have anything to eat or drink after midnight the day prior to the procedure.
8. You may not be able to have the injection if you have had a recent cold, fever or infection. Please ask your physician about this or any other concerns you may have.

FOR EMG TESTING and MUSCULOSKELETAL ULTRASOUND

9. Whenever possible wear loose clothing (shorts and short-sleeves). You may be asked to change into a gown.
10. Do not apply any ointments, creams, or lotions to your skin the day of the procedure.
11. Inform the doctor if you are on any anti-coagulation medication (blood-thinners).
12. Please arrive 20 minutes early and allow at least 40 to 60 minutes for the test/procedure.

Our goal is to provide every patient with all the attention they require. For this reason, you must provide 48 hours advance notice of any procedure cancellation to avoid a \$50 fee.