

Pre-Procedure Instructions And Potential Post Procedure Side Effects

Type of Procedure: _____

Pre-Procedure Instructions

Thank you for choosing New Jersey Pain Consultants for your medical needs, we appreciate your business. To better serve you, we are providing these instructions for you to follow prior to your procedure.

If you are to be sedated for your procedure:

- **You must have an adult drive and accompany you to the procedure for sedation.**
- Do not eat any solid food for 8 hours before your procedure
- You may drink water until 4 hours before your procedure

If you are not being sedated then you are permitted to:

- **Drive yourself, unless instructed otherwise by your provider.**
- Eat a light meal prior to your procedure.

We further advise you that in either case you should:

- Continue taking any heart, blood pressure or oral diabetic medicine with only a small sip of water. Also, if you are an insulin dependent diabetic, please remember to continue taking your insulin as directed.
- Continue to take anti-inflammatory medicine prior to your procedure, **unless instructed otherwise**. Common anti-inflammatory medicines include Motrin, Advil, Celebrex, Naprosyn, Aleve, Mobic, Arthrotec, Vimovo, Voltaren/Diclofenac, Relafen/Nabumetone, or Daypro/Oxazaprosin.
- Advise our office if you are on any blood thinning agents such as Coumadin, Plavix, Eliquis, Pradaxa, Brillinta, Effient, Aggrenox or Aspirin. We need to know so that we can consult with your primary physician or cardiologist so that your medication can be adjusted safely before the procedure. If you are on Coumadin you **may** need to get a blood test (PT, INR) prior to the procedure.
- If you are however having a Cervical Epidural injection then stop taking Aspirin 325 mg for 7 days prior, **unless instructed otherwise**. Note you can continue to take low dose Aspirin (81mg) if you are currently.
- Allow at least 2-3 hours for your procedure. While the actual procedure itself may take less time than that, we will need time to prepare you prior to and monitor you after your procedure.

We would like your procedure to be as successful as possible so we ask that you work with us by following the above guidelines as closely as possible.

Potential Post Procedure Side Effects From Steroids and Treatment Suggestions

- Possible temporary **increase in pain for up to 1-week at site of procedure and in region of pain complaint** – *Suggested Treatments: Over the counter Tylenol or anti-inflammatories if you are permitted to take them. Ice or heat can also be applied for no more than 15 to 20 minutes 3 to 4 times a day to the site of pain.*
- Temporary facial flushing (face gets red); *usually resolves on its own in 1-3 days.*
- Anxiety; *usually resolves on its own*
- Insomnia; *usually resolves on its own*
- If you are diabetic you should monitor your blood sugar more frequently for 2 to 3 days post injection given the steroid can cause it to increase. – *Suggested Treatments: Please speak with your primary medical doctor or endocrinologist to determine if your oral diabetic medication or insulin needs to be adjusted.*
- Urinary frequency; *usually resolves on its own*
- Upset Stomach; *usually resolves on its own*
- Palpitations; *usually resolves on its own*