



### PRE-PROCEDURE INSTRUCTIONS

1. Please arrive 15 minutes before your procedure time.
2. If you are having a procedure in the head, neck or upper back, please DO NOT eat for 6 hours before the injection. You may have clear liquids up to 3 hours before the procedure (Clear liquids include: water, apple/cranberry juice, ginger ale, black coffee, or black tea but no milk, sugar, citrus juices, gum, or mints). If you are having a low back, trigger point, or joint injection, you may have a light meal prior to the procedure.
3. Do not wear any skin lotion prior to any procedure.
4. You may be asked to change into a gown. Please dress in comfortable, loose clothing and flat rubber soled shoes (please no heels or flip-flops).
5. You may take your medications as usual on the day of the procedure, except for:  
\_\_\_\_\_see attached form for guidance on stopping blood thinning medications\_\_\_\_\_
6. Please notify us if you become ill or develop an active infection. If you develop a bacterial infection, **you must have completed antibiotic treatment and be free of infection for 2 days before a procedure can be done.**
7. You should arrange for a ride home after the procedure. You may not drive or operate machinery for 24 hours after a spinal procedure.
8. Expect to stay at least 15-30 minutes after the procedure, so that we may monitor you. If you are undergoing a Radiofrequency Lesioning procedure, please expect to stay **ONE HOUR after** the procedure for recovery. **You will be requested to remain in a wheelchair until we determine that it is safe for you to walk.**
9. After discharge, you will be asked to rest at home and place ice on the injection site. Please plan accordingly.
10. **DO NOT** stop any blood thinner unless your cardiologist or primary care physician (PCP) approves it.
11. If you are a diabetic and are having a steroid injection, you will need to follow your blood sugars closely for up to 3 weeks after the procedure. Contact your PCP if your blood sugars are elevated after the procedure.
12. If you will be taking a sedative for premedication, please arrive 30 minutes prior to your procedure.  
  
[ ] Alprazolam as directed (Take 1 tablet 1 hour prior to procedure, then take 1 tablet as needed 30 min prior to procedure). Do not drive, operate machinery or make any legal decisions for 24 hours after taking the sedative.

**If you have any questions, please call our office at 508-665-4344.**

Your procedure is scheduled for \_\_\_\_\_ am/pm on \_\_\_\_\_

**PLEASE SIGN BELOW THAT YOU UNDERSTAND YOUR PREPROCEDURE INSTRUCTIONS.**

**PATIENT'S NAME (PRINT):**.....

**SIGNATURE:**.....**DATE:**.....