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INTERVENTIONAL PAIN MANAGEMENT  
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## PRE-PROCEDURE INSTRUCTIONS

1. **DO NOT EAT OR DRINK ANYTHING FOR AT LEAST FOUR HOURS BEFORE YOUR APPOINTMENT TIME.**
2. Please take the following important medications with a small amount of water at the time you usually take it:
  - Blood Pressure Meds (excluding a diuretic or water pill)
  - Heart Meds
  - Asthma or COPD (breathing) Meds
  - Seizure Meds
3. If you are scheduled to receive **SEDATION** with your procedure, please arrange for a ride home. Failure to do so will result in cancellation of your procedure.
4. If you are scheduled for any type of **DIAGNOSTIC NERVE BLOCK**, do not take any type of pain medication for at least 12 (twelve) hours before your procedure. This includes pain killer and anti-inflammatory medication as well as Tramadol and Tylenol.
5. If you take **PLAVIX** you will need permission from the physician who prescribes this medication to discontinue it for AT LEAST SEVEN DAYS. If permission is denied or if your doctor will not authorize seven full days of Plavix abstinence please inform us.
6. If you take **COUMADIN** you will need permission from the physician who prescribes this medication to discontinue it for AT LEAST FIVE DAYS. If permission is denied or if your doctor will not authorize five full days of Coumadin abstinence please inform us.
7. **DIABETIC PATIENTS** taking an oral hypoglycemic medication (pill to lower blood sugar) should take that pill at the usual time before the procedure. Small amounts of apple juice or cranberry juice can be consumed to prevent low blood sugar during the fasting period. Those patients who take insulin will receive special instructions.
8. Please take some time to read about the procedure(s) that you are scheduled to receive. In addition to paper handouts available in our office, the internet is full of information on interventional treatments for chronic pain. The following websites may be helpful:

[www.PainFree.com](http://www.PainFree.com)

[www.SpineUniverse.com](http://www.SpineUniverse.com)

[www.Spine-Health.com](http://www.Spine-Health.com)

[www.WebMD.com](http://www.WebMD.com)

9. Please arrive on time for your appointment. If for any reason you cannot arrive at the appointed time, please contact the office to reschedule.

**IF YOU HAVE QUESTIONS REGARDING ANY OF THE INSTRUCTIONS NOTED ABOVE PLEASE DO NOT HESITATE TO CONTACT THE OFFICE FOR CLARIFICATION. THANK YOU.**