

INSTRUCTIONS PRIOR TO YOUR PROCEDURE:

Arrive 1 hour before your scheduled procedure. Time required for most procedures is 1 – 2 hours.

“Arrive early”

Please **bring the following** with you:

- Relevant diagnostic studies (MRI, Xrays, etc)
- Insurance Card and photo ID
- List of current medications
- Referral form

Diet:

With Sedation or **any Cervical (neck) procedures:**

- Do not eat or drink within 4 hours prior to procedure

Without Sedation:

- You may eat a light meal 2 – 4 hours prior to your procedure.
- You can have clear liquids up to 1 hour prior to the procedure

Transportation:

- **You must arrange transportation to take you home after the procedure “Does not mean you need a driver, but you should have a plan of how you are getting home. If you have not in the past had an issue, then you should be fine”.**

Dress:

- Recommend **wearing or bringing loose fitting clothing, ideally elastic band shorts or sweatpants.**
- **Recommend for Females: wear a sports bra, swimsuit top or halter top for procedures of your neck and upper back.**

Medications: “Follow what your PCP (or other specialists) recommend regarding your medications in preparation for this procedure”

- No prescriptions will be given on your procedure day. Bring your medication with you to use after the procedure if needed. Take your regular medications day of the procedure, including your pain medications.
- It is your responsibility to check with your primary care physician (PCP) to get approval to stop taking any medications. You will also need to discuss with your prescribing physician when and how you should resume taking these medications again. You must inform the physician completing the procedure on the medications you are taking.
- Blood Thinners, such as: Aspirin, Coumadin (Warfarin), Plavix (Clopidogrel), Dipyridamole, Aggrenox, Lovenox (Enoxaparin), Heparin, Pletal (Cilostazol), Trental, Ticlopidine may need to be held. You will need to get direction from your PCP on when to stop before your scheduled procedure.
- Coumadin: You will need a PT/INR complete and the documentation available the day prior to your procedure (24 hours).
- If you are diabetic, you may have to adjust your insulin dosage for the day.
- If you have high blood pressure, take your medications.

Please inform the nurse or physician performing your procedure if you are taking:

- Antibiotics for another condition
- History of allergic reactions to contrast dye, iodine, seafood, steroids or local anesthetics (such as Novacaine, Lidocaine, Xylocaine, Procaine or Marcaine).
- If you have a history of fainting or dizziness during or after injections or procedures.

DISCHARGE INSTRUCTIONS AFTER YOUR PROCEDURE:

After the Procedure

- You will rest in the recovery area approximately 30 minutes to ensure that no adverse reaction has occurred.
- It is common to have some discomfort following your procedure or temporary increase in symptoms. The steroid medication used during your injection is a powerful anti-inflammatory medication and may take up to 7 days to start working to relieve the symptoms. The pain from the injection generally decreases after a few days.
- You may resume your pre-procedure medication except aspirin and blood thinners which may be resumed as directed by your prescribing physician.
- Take extra care when walking on steps or uneven surfaces. Relative rest is recommended 12 hours after the procedure. Avoid strenuous exercise for 2 days. You may gradually increase your exercise and resume activity as tolerated.
- *If you had a Diagnostic study, additional instructions will be provided regarding activity.*
- You may resume your previous diet.
- You may take a shower but do not bathe or immerse the injection site area in water (no pools or hot tubs) for 24 - 48 hours.
- Bandages should be removed a few hours after the procedure.

Side Effects are common but if any persist, seek medical attention:

- Hot sensation with flushing of the neck, face and chest may occur. If fever greater than 100 degrees F, seek prompt medical attention
- Females may experience irregular menstrual cycle.
- Temporary weakness, numbness, or tingling in the arms, legs, abdomen, back or chest may occur. This should only last a few hours. Get assistance while walking. If severe pain, weakness, swelling persists seek medical attention.
- You may experience some dizziness. Lie down to help relieve the dizziness. Gradually sit up for about 10 minutes, then stand.
- Drink plenty of fluids and take Tylenol if you are experiencing a headache, however if the headache continues or becomes severe seek prompt medical attention. Caffeine may help to improve a headache that worsens with sitting or standing and improves with lying down.
- You may experience insomnia or irritability. This will subside after a few days.
- Your injection site will be sore and will subside in a few days. You can use an ice pack for relief. 20 minutes on/20 minutes off for 1 – 2 days. If redness at injection site, seek prompt medical attention.

Schedule a Follow Up appointment in 2 – 4 weeks with your physician.

If you have any questions, please call your physician's office