



### Pre- Procedure Check List :

**READ COMPLETELY, IF YOU DO NOT UNDERSTAND PLEASE ASK BEFORE YOUR PROCEDURE, FAILURE TO COMPLY MAY RESULT IN CANCELLATION OF YOUR PROCEDURE BECAUSE OF SAFETY ISSUES**

#### Please DO :

- Take all blood pressure pills and heart medications prior to the procedure; your procedure will be **cancelled** if your blood pressure or other vital signs are unstable
- Have an escort to take you home; your procedure will be **cancelled** if you do not have an escort
- Bring the most **recent spine MRI's** ; we may need to **cancel** the procedure if adequate films are not available (this applies to only outside films not done at Stanford)
- **Arrive** at the above stated time, if you are not checked in at the Ambulatory Surgery Center by the above time your procedure may be **cancelled**
- Tell us if you have **ANY allergies** to medications, including contrast dye, iodine or iodine containing substances, latex, or steroids. You will require special preparation prior to the procedure & if not disclosed until the day of the procedure we may need to cancel or reschedule
- Make sure that you are **not pregnant**; if there is ANY chance that you are pregnant or you are unsure – let us know BEFORE the procedure date. The X-Rays used during the procedure may harm your baby.
- Before the procedure date, let us know if you have had **ANY illnesses** recently (last three months); including any illness which has caused fevers, chills, or any illness for which you have had to take antibiotics or was hospitalized for
- Resume all **heart and blood pressure** medications after the procedure
- Ask for an **interpreter** to be with you during the procedure if you require one; you must request an interpreter with Dawn, BEFORE THE DATE of the procedure

**Please DO NOT :**

- Take ANY Blood thinning medications for **5 days** prior to your procedure this includes any non steroidal anti inflammatory medications motrin, ibuprofen, celebrex, vioxx, bextra, Vitamin E. , Ginko biloba.If you are not sure call and ask BEFORE the procedure.
- Take ANY Blood thinning medications containing **aspirin** or **aspirin containing** products for **7 days**. It is OK to continue taking baby aspirin(81 mg).
- If you are on **coumadin**- it must be held prior to the injection and you must have a normal INR prior to the injection. You must have approval from the doctor that is prescribing the coumadin before you stop taking it.
- If you are on **plavix (clopidogrel), lovenox, receiving heparin ANY blood thinning medication** it must be held prior to the injection, please ask us for the specific number of days to hold the medication before
- **Eat or drink 6 hours before the procedure** . If you require heart or blood pressure medications you may take these with sips of water at least 3 hours before the above arrival time

*Please call us at (732) 698-1000 for procedure related questions*