



## **Spinal Procedures- Pre Injection Instructions**

You are being scheduled for an injection using fluoroscopic guidance. This is a specialized type of procedure using x-ray equipment to guide needle placement into the area that is thought to be causing your pain.

An injection typically takes 15-45 minutes, depending on the type of procedure. We DO NOT use general anesthesia for our procedures, we use local anesthetics.

Please make sure to eat prior to your injection.

You must have a driver the day of the procedure. The day after the injection you should be able to resume your normal daily activities.

We can still do the procedure if you are sick, but if you have a fever the day of your injection, you should re-schedule.

Injected medications may include **contrast dye**, **novocaine** type medications (aka lidocaine, marcaine) or **corticosteroid** (aka depo-medrol, celestone).

\*If you have known ALLERGIES to any of these medications please notify the office at least five days prior to the scheduled appointment for special instructions.

Certain medications may need to be stopped for your procedure. See reverse for further instructions. It is **your** responsibility to check with the physician that prescribes this medication to make sure you can safely (temporarily) discontinue the medicine prior to your procedure.

If you take Coumadin you will be required to have a Prottime/INR drawn the day before or morning of your injection.

As with any invasive medical procedure, there are associated risks with spinal injections. Reported complications include allergic reactions, infection, bleeding, nerve injury and spinal headache. Individuals with diabetes may experience a short term rise in blood sugar.



## IF YOU ARE ON BLOOD THINNERS

Special instructions may apply to reduce your risk of bleeding.

Blood thinners include: COUMADIN, Pradaxa, Xeralto, Eliquis, Lovenox/Heparin, or Antiplatelet drugs- including aspirin, plavix, aggrenox, ticlid, pletal, persantine. aggrastat

You *may* need to stop your blood thinner 7 days prior to you injection.

So you **MUST**:

- 1) Clarify with your doctor in this office whether your procedure requires stopping the medication and
- 2) If stopping is necessary, you will need to discuss this with the prescribing physician (ie PCP, cardiologist) to make sure it is safe to stop and for any further instructions.

If you have a cardiac stent placed within the last year you may need to stay on your medications and should discuss this with your prescribing physician. If you are not allowed to go off of your blood thinner, please contact this office as we may need to change your procedure.

**ALL patients on COUMADIN will need an INR drawn either the day before or the day of the procedure, even if it has been stopped.**