

## Office Based Pre-Procedure Instructions

### Directions to the Bala office

- **Address: 1 Bala Ave Suite 418 Bala Cynwyd, Pa 19004**
- Please do not drive to 1 Bala Plaza. 1 Bala Ave is off of City Ave, near the Bala Train Station. We are in the “Park America” Building.

### Directions to the Allentown office

- **Address: 2200 W. Hamilton St. Suite 209 Allentown, Pa 18104**
- Offices are in the Park Professional Building across from the Cedar Creek Park.

### Preparing for the procedure

- The entire visit should take **30 minutes to 1 hour** from check in to discharge. It is always possible that we will run over this time because we prioritize safety over speed.
- We strongly suggest **arranging for a driver** to accompany you for the procedure. This is not an obligation. However, there are rare occasions that you may feel weak or dizzy after the injection. We can only discharge you under safe conditions. *If you do drive yourself, you must identify a way to find transport home in case there is a problem.*
- **Wear light comfortable clothing.** Please do not wear heavy jewelry, belts and large garments. It is possible for cleaning solution, medications and even a small amount of blood to contact your clothes.
- Please **do not fast on the day of the procedure.** In addition, DO NOT eat a heavy meal. We suggest a *light snack 2 hours before* the procedure and drink water.
- **Alert medical staff** if you have a recent illness, take antibiotics or have any changes in health since the last clinic evaluation.

### Medication Instructions

- Please review the handout titled, “Medications to Stop Prior to Surgery.” If you have any questions, please ask the physician or staff prior to the procedure.
  - If you take Aspirin, Coumadin, Plavix, or other blood thinners for a medical condition, please let your physician know ASAP.
- We advise you to take your blood pressure, heart, diabetes, and prescribed pain medications the day of the procedure.

### What to expect during the procedure

- We will walk you from the clinic room into the procedure suite. We will have you positioned on the table and then your skin will be cleaned with a sterile solution.
- Numbing medicine (lidocaine) will be used to anesthetize the skin with a small needle. You will be awake. Next, the doctor will perform the injection with Xray (fluoroscopic) guidance.
- After the procedure, you will walk back to the room for post-procedure instructions.
- Please fill out the pain diary and bring it to the post-injection follow up appointment.

## Medications to Stop Before the Procedure

Please **STOP anti-inflammatory (NSAID) medications 5 days** prior to the procedure.

**These medications include:**

*Aleve (naproxen), Celebrex, Mobic (meloxicam), Indocin (indomethacin), Voltaren (diclofenac), Zipsor, Sprix (ketorolac spray), etodolac, nabumetone, oxprozin, piroxicam*

If you need to take an NSAID or anti-inflammatory medication, you make switch to ibuprofen (Advil or Motrin) and stop 24 hours BEFORE the procedure. Do not take more than 800mg in a day. Alert medical staff if you took ibuprofen or any other NSAIDs beyond the safe timeline.

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**Antiplatelet and anticoagulation** medications increase the risk of bleeding when performing any injection. For spine injections, uncontrolled bleeding can lead to permanent nerve damage and even paralysis in rare cases.

If you are taking these medications due to a previous history of heart attack, stroke, blood clots, pulmonary embolism or valve replacement, ***we need the physicians who prescribe the antiplatelet or anticoagulation medications to determine if it is safe for you to stop these medications for a spinal procedure.***

If you take:

- **Coumadin**, you need to stop the medication for 5 days prior to the procedure and then check an INR to ensure that it is less than 1.5.
- **Plavix** should be stopped for 7 days prior to the procedure.
- **Pradaxa** should be stopped for 5 days prior to the procedure.
- **Eliquis and Xarelto** should be stopped 3 days prior to the procedure.

You may restart your medications 24 hours after the procedure.

**Please contact your prescribing doctor and ask if it is safe to discontinue your medication for the above period.**

Fax all relevant documents to: 267-337-7950

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**Aspirin** should be stopped for **6** days prior to injection if there is no medical condition. If you have a history of heart disease, blood clots, stroke, or other vascular disease, please discuss with the pain provider about the use as in some cases it may be unsafe to stop aspirin.

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**Herbal remedies** should be stopped 5 days prior to the procedure.