

Advanced Pain Management Center

Carroll Hospital Center

291 Stoner Avenue, Westminster, Maryland 21157, 410-871-6191

Please Read Carefully: Failure to follow these instructions may result in your procedure being cancelled!

DIET

- 1. NO SOLID FOODS OR LIQUIDS FOR 6 (six) HOURS BEFORE ANY PROCEDURE!**
- 2. You may have 8 ounces of CLEAR LIQUIDS at any time UP TO 6 HOURS BEFORE your procedure.** Clear liquids are fluids such as water, tea, black coffee (no cream or milk), apple or cranberry juice. **NO** citrus drinks like orange, pineapple, grapefruit juice or milk.

MEDICATIONS

You may take your usual medications (if you can take them on an empty stomach) with a sip of water the day of your procedure.

(Example: Usual medications = blood pressure medications, acid reflux medications like Prilosec or Prevacid, cholesterol medications, fluid pills).

If you take **long acting pain medications**, you may take them as directed.

If you take **short acting pain medications** (ones that are prescribed every 4-6 hours, you should hold your dose immediately prior to the procedure. Pain medications may interfere with the doctor evaluating your response to the procedure and may interact with any sedatives given during your procedure.

EXCEPT: If you currently take any of the following medications, you **MUST STOP** them as follows:

Ticlid (ticlopidine=blood thinner)	STOP 14 (fourteen) days before the procedure
Plavix (clopidogrel=blood thinner)	STOP 7 (seven) days before the procedure
Aspirin -Adult (325 mg }or Low dose/baby (81 mg)	STOP 7 (seven) days before the procedure
Coumadin (Warfarin =blood thinners)	STOP 5 (five) days before the procedure
Anti-inflammatory I Arthritis medications (Examples: Naprosyn, Aleve, Motrin, Mobic, Ibuprofen, Advil, Excedrin, Arthrotec, Steroids-prednisone)	STOP 5 (five) days before the procedure
Pletal (Cilostazol=claudicationleg pain)	STOP 2 (two) days before the procedure

MAKE SURE YOU CALL your primary care physician BEFORE stopping these medications and let the Pain Management Center doctor know that you normally take these medications. If you think you are on any other medications .LIKE THE ONES above, please call and the staff will help you decide if you need to stop the medicine.

AFTER THE PROCEDURE IS OVER, you may resume your medications as directed.

IF YOU ARE A DIABETIC:

1. You may take **HALF** your dose of insulin, the morning of the procedure.
2. You **MAY NOT TAKE** your oral/pill anti-diabetic medications.

If a steroid medication is used during your procedure, you may experience a temporary increase in your blood sugar levels related to the steroid injection.

If this happens, please contact your primary care physician for instructions and make him/her aware that you have had a procedure done and that steroids were used.

TESTING

If the doctor has told you that you will be receiving **Anesthesia** (this is NOT the same thing as getting a "relaxation medication" pill) you will need to have:

1. Blood work
2. History and Physical exam by your primary care physician
3. EKG (if you are 50 years of age or older)

The staff will give you an order form.

AFTER THE PROCEDURE

1. **SOMEONE MUST accompany you home** from the Advanced Pain Management Center or hospital.
2. If your doctor has told you that you will be having anesthesia during your procedure then **SOMEONE MUST STAY WITH YOU OVERNIGHT** when you go home.

YOU SHOULD NOT DRIVE for the day of your procedure and for 24 hours after your procedure if you received anesthesia or sedation medications.

(Patients receiving trigger point injections before physical therapy may be cleared by the doctor to drive to physical therapy after their injections-please check with your physician.)

We hope you do well with your procedure. These pre-procedure instructions are for your health and safety. If you have any questions or concerns, please don't hesitate to call the Advanced Pain Management Center at 410-871-6191.

Effective: April, 2006, Updated July 2006