

Pain Medicine Associates, Inc.

Injection Instructions

1. Your procedure could be done under light sedation or under local anesthesia, procedures done with light sedation are only performed in a surgery center center/hospital setting. If you choose to have the procedure under light sedation in a surgical center/hospital setting you can not have anything to eat or drink eight (8) hours before your scheduled procedure. You also must have a friend or family member drive you home. This person must be identified to the staff before the procedure. Policy prevents discharging you after the procedure if you do not have somebody to accompany you.
2. If you have any active infections, are taking any medication for a possible infection, have any skin infections, or have had any dental work within a week prior to the procedure you must reschedule.
3. Please review the following medications prior to your procedure. Tylenol is the only over-the-counter pain medication you may take prior to your procedure. Opiate based pain medication and Ultram/Ultracet are okay but the following medications must be stopped or your procedure will be cancelled.

Nonsteroidal Anti-Inflammatory and Aspirin-Based Drugs that must be stopped:

If you are taking any of the medications listed below please let us know, so that we can make arrangements with your physician for you to stop taking it prior to your injection. We also need to schedule a blood test PT/INR if you are taking **Coumadin/Warfarin** prior to the injection. If you are taking any of the following drugs please **STOP** taking, after being cleared by your physician, them before your procedure for the time period noted below and before any future procedures you have with us:

Coumadin/Warfarin – 5 days

Pletal/Cilostazol – 5 days

Ticlid/Ticlopidine – 14 days

Aggrenox/Dipyridamole – 7 days

Plavix/ Clopidogrel – 7 days

Desmopressin/DDAVP – 5 days

LMWH (Low Molecular Weight Heparin) – 12 hours off

Lovenox – 12 hours off

If you are taking any of the listed medications below, please **STOP** taking them **3 DAYS** before your procedure:

Advil – Anacin	Excedrin	Nabumetone
Aleve	Etodolac	Naprosyn
Anaprox	Feldene	Naproxen
Arthrotec	Fenoprofen	Orudis
Aspirin	Flavocoxid - Flurbiprofen	Oxaprozin
Baby Aspirin	Heparin	Pamprin
Cataflam	Ibuprofen	Persantine
Clinoril	Indocin	Piroxicam
Combunox	Indomethacin	Relafen
Daypro	Ketoprofen	Refludan
Diclofenac	Ketorolac	Sulindac
Diflunisal	Limbrel – Lodine	Tolectin, DS, 600
Dolobid	Meclomen	Toradol
Ecotrin	Meloxicam	Vicoprofen
Elmiron	Mobic	Voltaren & Voltaren Gel
Enoxaparin	Motrin	

If you are taking any of the following herbs, please **STOP** taking them **3 DAYS** before your procedure and any future procedures you have with us:

Alfalfa	Eucalyptus	Licorice
Aloe	Evening Primrose	Lobelia
American Ginseng	Feverfew	Milk Thistle
Arnica	Garlic	Olive Leaf Extract
Asian Ginseng	Ginger	Omega III Fatty Acids
Astragalus	Ginko Biloba	Passion Flower
Barberry	Ginseng	Peppermint
Black Cohosh	Goldenrod	Red Clover
Burdock	Goldenseal	Rosemary
Calendula	Gotu Kola	Saw Palmetto
Cat's Claw	Grape Seed	Siberian Ginseng
Celery Seed	Green Tea	Skullcap
Clove	Hawthorn	St. John's Wort
Comfrey	Jamaica Dogwood	Stinging Nettle
Danshen	Kava Kava	Turmeric
Dong Quai	Lavender	Valerian
Echinacea	Lemon Balm	Willow Bark
Ephedra		Yarrow

4. All other medications should be taken as prescribed