



BLOOD THINNING MEDICATIONS

Below is a list of medications that need to be discontinued prior to your scheduled procedure. Please notify your prescribing physician before stopping blood thinners and if you have any questions, please call the office at 440-358-1116 and speak to a medical assistant.

7 Days Prior To Your Procedure, Please Stop the Following Medications:

- Arixtra / Fondaparinux
- Effient / Prasugrel
- Fragmin/ Dalteparin
- Plavix / Clopidogrel Bisulfate (**next day start**)

5 Days Prior to Your Procedure, Please Stop the Following Medications:

- Aspirin
- Bayer products (all types)
- Brilinta / Ticagrelor
- **Coumadin / Warfarin – Blood Work (INR) needed one day prior to procedure with result showing less than 1.3**
- Excedrin (all types)
- Pradaxa / Dabigatran Etexilate

3 Days Prior to Your Procedure, Please Stop the Following Medications:

- Xarelto / Rivaroxaban

3 Days Prior to **Neck** Procedure, Please Stop the Following Medications:

- Aggrastat / Tirofiban
- Aggrenox / Dipyridamole
- Heparin
- Lovenox
- Pletal / Cilostazol
- Advil, Aleve, Celebrex, Celecoxib, Diclofenac, Duexis, Fish Oil, Garlic, Ibuprofen, Motrin, Naprosyn, Mobic, Meloxicam, Nabumetone, Naproxen, Oxaprozin, Piroxicam, Turmeric, Vimovo, Vitamin E

2 Days Prior to Your Procedure, Please Stop the Following Medication:

- Eliquis / Apixaban

Day of the Procedure, Please Stop the Following Medications:

- Blood sugar medication
- Please take ½ of your long acting insulin dose

You may resume all blood thinners after your procedure is completed, with the exception of Plavix, which may be started the day after your procedure.



Going Home Instructions

Day of procedure:

- Do not submerge procedure sight in water for 24 hours
- If you've had sedation, do not consume any alcohol or drive for 24 hours
- Can resume all stopped medication upon your return home except for Plavix which you can start the day after the procedure.

As is the case with most medical procedures, there are rare but potentially serious risks associated with interventional spinal procedures that you should be aware of. The most common potential risks and complications include:

- **Bleeding.** Bleeding is a rare complication and is more common for patients with an underlying bleeding disorder.
- **Nerve damage.** While extremely rare, nerve damage can occur from direct trauma from the needle, or from infection.
- **Infection.** Severe infections are rare, occurring in 0.1% to 0.01% of injections.
- **Dural puncture.** A dural puncture occurs in 0.5% of injections. It may cause a post-dural puncture headache (also called a spinal headache) that usually improves within a few days. Although infrequent, a blood patch may be necessary to alleviate the headache. A blood patch is a simple, quick procedure that involves obtaining a small amount of blood from a patient from an arm vein and immediately injecting it into the epidural space to allow it to clot around the spinal sac and stop the leak.

After the procedure:

You may experience some side effects from the procedure and the medications injected, and these are considered to be normal. These tend to be rare and much less prevalent than the side effects from oral steroids. Nonetheless, reported side effects from procedures include:

- Localized increase pain on or in the procedure area
- Non-positional headaches resolving within 24 hours
- Facial flushing (reddish coloring of the face)
- Anxiety
- Sleeplessness
- High Fever the night of procedure
- High blood sugar
- Numbness and tingling

If these symptoms become severe and last more than 24hrs, please call our office.

While physicians will have different approaches to patient follow-up depending on their practice and the patient's clinical situation, **some conditions** that always warrant a visit to the Emergency Room following a procedure include:

- Having a fever of 102.0 degrees or greater for more than 24 hours, which may be indicative of an infection, or any excessive drainage or bleeding.
- Losing function or feeling in the legs or arms for more than 6 hours.
- Loss of bowel or bladder control.



Patient Instructions

Please read the following carefully. If you have any questions or concerns, please call your doctor's office at 440-358-1116.

You have been scheduled for a procedure with Dr. Chauhan on _____.
If you are unable to make your scheduled appointment, please contact the OFFICE 48 hours prior to your procedure date. Please be advised that there is a no show fee of \$150 for missed procedure appointments or 3 consecutive cancelled appointments, so please call the office to cancel or reschedule.

Pre-Arrival Instructions

- ❖ Do not eat or drink anything 8 hours prior to your procedure time. If you need to take oral medications in the morning, use only small sips of water. No Candy, gum or mints.
- ❖ If you are diabetic, please only take half of your long acting insulin dose the morning of the procedure. Do not take any blood sugar medication.
- ❖ You will not be able to drive for 24 hours after your procedure. Please make sure that if you are having sedation for your procedure that you have a responsible adult; 18 years of age or older to drive you home. You may have transportation provided to you by ambulette or ambulance. **You may NOT go home by cab, bus or public transportation.**
- ❖ **PLEASE SEE THE MEDICATION SHEET INCLUDED IN THIS PACKET FOR DIRECTIONS.** If you are taking a blood thinning medication such as Coumadin, Plavix or Pradaxa, etc., you may need to stop your medication or have blood-work done. If you have not spoken with our office about this, please call us immediately.
- ❖ If your pain has resolved or you are feeling ill, please notify us at 440-358-1116. If you are running a fever or have been put on an antibiotic by another physician, please call our office to see if you can keep your appointment.

Mentor Surgery Center
West Entrance
9485 Mentor Ave.
Mentor, OH 44060
440-205-5424

Please confirm your arrival time by calling Mentor the day before between **1-3pm.**



PAIN DIARY

Please complete this pain scale after the procedure.

Indicate your level of pain, 10 being the worst pain ever.

PLEASE CIRCLE 1 NUMBER ONLY:

1 HOUR AFTER PROCEDURE	1 2 3 4 5 6 7 8 9 10
12 HOURS AFTER PROCEDURE	1 2 3 4 5 6 7 8 9 10
24 HOURS AFTER PROCEDURE	1 2 3 4 5 6 7 8 9 10
48 HOURS AFTER PROCEDURE	1 2 3 4 5 6 7 8 9 10

Please call the office at 440-358-1116, opt 2 or 5, 7-10 days after the procedure and let us know how you are doing. If you are asked to make a follow-up visit please bring the pain diary sheet with you.