

# Suburban Pain Control Pre-Procedure Instructions

Please follow the instructions listed here prior to your procedure.  
Please contact the office with any questions.

## Eating / Drinking the night before the procedure

After midnight (12am), you may not eat any foods, drink any fluids or consume any gum, candy, or mints.

## Medications

STOP ALL Aspirin containing medications Five (5) days before your procedure. If you take aspirin for your heart or circulation, DO NOT stop it without checking with your family/heart physician.

You should take your usual medications (i.e. blood pressure, thyroid, heart, unrestricted pain medications with a sip of water on the morning of your procedure.

**\*\*\*Please bring a current list of medications(included in packet)-INCLUDE dosages and frequency taken\*\*\***

## SOMEONE TO DRIVE YOU

If you have your procedure performed under sedation, **YOU MUST have an escort 18yrs of age or older to drive** you home following your procedure. We must have a contact number so that we may call your ride when your procedure is finished.

If you have your procedure performed under LOCAL anesthetic only, you will be required to be monitored for at least one hour following your procedure before being discharged.

## Diabetic Patients

If you are a Diabetic, please speak with your physician or a staff member regarding your medication. If you test your blood sugar daily please do so the morning / afternoon of your procedure.

## Female Patients

All female patients of child bearing age are required by some facilities to submit a urine sample for a pregnancy test. If there is any chance that you could be pregnant, please notify your physician. The x-ray and medication used may be harmful to your pregnancy.

## Infection Control

Shower / Bathe the night before or the morning of your procedure with an antibacterial / microbial soap, (DIAL, Phisoderm, Lever 2000, etc.). This decreases the chance of infection.

**Other Instructions:** Please bring a copy of your driver's license, state ID, passport, military I.D or Visa & insurance cards the day of procedure.

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## Medication Restrictions

1. If you take anticoagulants or "blood thinners", please speak with your physician or a staff member before stopping these medications.

### Anticoagulants:

Aggrenox (5days) Coumadin (5 days) Lovenox (1 day) Persantine (2 days)  
Plavix (7 Days) Pletal (3 days) Ticlid (14 days) Trendal (7 days)

2. **Stop ALL ASPIRIN CONTAINING medications FIVE (5) Days before your procedure. \*\*\*If you take aspirin for your heart or circulation, DO NOT stop it without checking with your family/heart physician. \*\*\***

### Aspirin Containing Medications:

Ascription	Bayer	Bufferin	Darvon compound 65
Ecotrin	Empirin	Excedrin	Enteric coated Aspirin
Florinal	Loratab ASA	Momentum	Norgesic Forte P-A-C
Percodan	St.Joseph Aspirin	Wygesic	Soma Compound

3. **Stop All NON-Aspirin & NON Steroidal Pain Relievers THREE (3) DAYS before your procedure.**

### NON-Aspirin Containing Medications:

Advil	Anaprox	Ansaid	Aleve	Daypro	Dolobid
Feldene	Ibuprofen	Indocin	Keforalac	Motrin	Naprosyn
Naproxen	Rclafen	Trilisate	Vicoprofen	Voltaren	

4. **Stop all GINGKO, GINSENG, GARLIC and VITAMIN E supplements FIVE (5) DAYS before your procedure.**

5. There are **NO RESTRICTIONS** on the following pain medications:

Acetaminophen (Tylenol) containing products: (Tylenol, Darvocet, etc), as well as:

Avinza	Baclofen	Bextra	Celebrex	Darvocet	Elavil
Fioricet	Flexeril	Kadian	Lortab	Lorcet	Methadone
Mobic	MS Contin	MSIR	Neurontin	Oxycontin	OXY IR
Ultracet	Valium	Vicodin	Zanaflex	Zonegran	
Duragesic Patches		Excedrin-Aspirin Free			

**\*\*If you have any questions, please call your pharmacist or your pain physician about your medications. \*\***