

BEFORE THE PROCEDURE

Please be aware that not all procedures performed in an office setting are considered an office setting visit by your insurance company. Some insurers consider procedures done in the office as an out-patient visit and therefore, require different co-pays. Check with your insurance company to verify your benefits.

MEDICATION: You should continue to take your own medications including those for pain and other health conditions except for blood thinning medications. You may continue anti-inflammatory (NSAID) medications. **Do not take any type of pain medications 6-8 hours prior to a MBNB diagnostic test.**

CLOTHING: Your clothing should be loose fitting and comfortable. If you are having a procedure on your neck and have long hair, please bring something to tie your hair back. If you are having a low back procedure, do not wear a belt, pants with zippers, metal hooks or tips.

DIET: You may eat a light meal or snack at any time before your procedure unless otherwise instructed by your healthcare provider. **However, if you are having a surgical procedure at Windy Hill Hospital such as a Spinal Cord Stimulator Implant you cannot eat for eight hours prior to the procedure.**

YOU WILL NEED A DRIVER: If you require sedation and/or are having one of the following procedures: Radiofrequency, Discogram, Disc Decompression, Spinal Cord Stimulator, or Vertebroplasty, you **MUST** arrange for someone other than yourself to drive you home following the procedure.

VISITORS AND CHILDREN: Please limit visitors to one person. We strongly encourage you to make childcare arrangements if needed. Children are not allowed in the pre-op and post-op rooms with the patients. Any children under the age of 12 left in the waiting room **MUST** be accompanied by an adult at all times.

FOR PATIENTS ON ANTICOAGULANTS (BLOOD THINNING MEDICATION) :

- Patients on **Aspirin** should continue taking the medicine. If you take **more than one aspirin** per day, however, discontinue for **5 days** prior to your procedure.
- Patients on **Plavix** should discontinue this medication for **5 days** prior to the procedure.
- Patients on **Coumadin** (warfarin) or **Heparin** should discontinue their medication **5 days** before the procedure. You will need to arrive 15 minutes before your procedure in order to perform blood work @ the pharmacy next door.
- **All anticoagulant medication should be re-started the day after the procedure** unless you are having a series of epidurals or you are otherwise instructed.



Rev 01/20/2010