

Pacific Coast Spine Institute and Pain Center

17822 Beach Blvd Suite 101 Huntington Beach, CA 92647
Phone (714) 847-3666 Fax (714) 847-7171

Surgery Center is located on the first floor of the Medical Towers building in suite #101.

Today's Date: _____

Patient Name: _____

Injection Appointment Day and Time: _____

Procedure: _____

Blood Thinner/Anti-inflammatory Medication Taken: _____

Date to **STOP** Blood Thinner/Anti-inflammatory Meds: _____

OUT-PATIENT INJECTION INSTRUCTIONS:

You must NOT take any blood thinning medication for 1 week prior to your injection. This includes Aggrenox (dipyridamole + ASA), Coumadin (warfarin) , Persantine (dipyridamole), Ticlid (ticlopidine), Agrylin (anagrelide HCl), Lovenox, Plavix (clopidogrel) and aspirin. If another physician has prescribed any of these medications, let him/her know of the need to discontinue it for the week prior to your injection.

You must NOT take any anti-inflammatory medication for 3 days prior to your injection. This includes ibuprofen, Motrin, Aleve, Advil, Celebrex, Naprosyn, etc. You MAY take Tylenol, Vicodin or other pain relief medication which is not anti-inflammatory.

If you regularly take other prescribed medications for blood pressure or diabetes, you may take them prior to your injection with water.

The first day of your injection you may use an ice pack to the area 3-4 times at 20 minute intervals as needed for comfort.

The second day of your injection you may use either a low-heat warming pad or an ice pack to the area 3-4 times as needed for comfort.

If you are going to receive IV sedation for your procedure, you should be fasting for 8 hours prior to the procedure and must also have a driver to take you home. Also, if you take an oral sedative prior to your procedure, you must have a driver.

Visit our website at www.pacificcoastspineandpain.com for more information about your procedure.

Please contact the office if you have any questions or concerns before or after your procedure.

Patient Signature

Date signed