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INJECTION INSTRUCTION SHEET

Information for Patients and their Families

Your provider has recommended an injection. This can be used either to help diagnose your condition or for treatment. We will explain the procedure to you and discuss the risks and benefits, and obtain your consent. *Appointments are scheduled for injections only. If there are other medical issues that you would like to discuss with your provider, please schedule a follow up appointment.*

Notify your doctor if there is any chance that you are:

- 1. Pregnant or chance of being pregnant.**
- 2. Allergic to anesthetic, steroids, radiologic dye or seafood.**
- 3. Taking blood thinners or have a bleeding disorder.**
- 4. Diabetic or have uncontrolled blood pressure problems.**

PLEASE NOTIFY US IF YOU ARE TAKING THE FOLLOWING MEDICATIONS:

- **Coumadin (warfarin), Plavix (clopidogrel), Ticlid and Aggrenox are major blood thinners. Please let us know prior to the day of the injection as these will need to be stopped for **7 days** prior to the procedure. Pradaxa is also a major blood thinner and needs to be stopped **3 days** prior to the procedure.**
- **Anti-inflammatory medications (aspirin, ibuprofen, Motrin, Advil, Aleve, naproxen, Celebrex, diclofenac, prednisone, etc.) – stop taking for **3 days** prior to the procedure.**
- **Tylenol is okay to continue taking.**

Take your usual medications on the day of procedure, with the exceptions as discussed above.

- **Please stop eating 3 hours before the procedure, unless you are diabetic and then please discuss this rule with your provider before the day of the procedure.**
- You may have clear liquids up until 1 hour before your appointment. After that do not eat or drink anything.
- **As a general rule, we use local anesthetic, not general sedation** for our procedures as this involves additional risk. Please discuss this with your doctor if you have concerns. Most people can drive after the procedure.
- **If you are diabetic** please check your blood sugar before your appointment. The injection may cause your blood sugars to elevate. Please check your blood sugar frequently for the next 2-3 days after the injection. Make adjustments as necessary. You may have to notify the doctor who treats your diabetes if you have elevated blood sugars so that you can be treated appropriately.

Please call us with any questions or concerns at 303-494-7773

www.SpineWest.com