



Physiatry & Sports Physicians

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Trust • Care • Excellence

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INJECTION INSTRUCTION SHEET

1. BLOOD THINNERS NEED TO BE STOPPED PRIOR TO ANY SPINAL INJECTION. YOU NEED TO COORDINATE WITH THE PRESCRIBING PROVIDER(S) TO ARRANGE FOR MANAGEMENT OF BLOOD THINNERS.

Please stop prior to procedure:

- Aspirin** stop 5 days prior to procedure
- Coumadin (Warfarin)** stop 5 days prior to procedure
- Eliquis** and **Xarelto** stop 3 days prior to procedure
- Pradaxa** stop 5 days prior to procedure
- Plavix** stop 7 days prior to procedure
- If you are currently taking other blood thinners, please discuss it with your provider**

2. NOTIFY YOUR PROVIDER IF THERE IS ANY CHANCE THAT YOU ARE:

- Pregnant**
- Allergic to anesthetic, steroids, radiologic dye or latex**
- Diabetic or have uncontrolled blood pressure problems**

3. 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.

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

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