



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 3 days prior to procedure
- Plavix** stop 7 days prior to procedure
- Effient** stop 7 days prior to procedure
- Aggrenox** 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**