



Illinois Spine Institute Interventional Pain Management Pre-Procedure Instructions

(847) 303-1200

- **Please bring all MRIs and X-Rays to your appointment.**
- Please stop taking the listed medications **at least 5 days prior to your scheduled injection:**
 - Non-Steroidal Anti-Inflammatories (Examples: Aspirin, Advil / Motrin, Ibuprofen, Aleve / Naproxen Sodium, Mobic, Excederin, Voltaren, Diclofenac, Arthrotec, Trental etc.)
 - Multi-vitamins, Vitamin E, & herbal supplements.
- Pain medications which are acceptable to take include: Tylenol, Vicodin / Norco, Darvocet, Lyrica / Neurontin.
- Please have a responsible adult available to drive you home after your procedure.
- **DO NOT** eat or drink anything **4 hours** prior to your procedure.
- If you are diabetic, take ½ of your Insulin as scheduled prior to procedure.
- Take all regularly scheduled medications, with the exception of the ones mentioned above, the day of your appointment with a small sip of water.
- If you have a fever of 100.4 or greater the day of or prior to your procedure, you will need to reschedule your appointment.
- **The Blood Thinner Plavix, MUST** be stopped 7 days prior to the date of your procedure. Please check with your primary doctor / cardiologist **prior to** stopping this medication to ensure this is safe.
- **The Blood Thinners, Coumadin, Heparin and Lovenox, MUST** be stopped 5 days prior to the date of your procedure. Please check with your primary doctor / cardiologist **prior to** stopping this medication to ensure this is safe. You will also need to have your blood lab tested (INR or PTT) one day before the procedure if you take patient Coumadin, Lovenox or Heparin. The result must be less than 1.4 in order to have your procedure.

Failure to follow these instructions may result in your procedure being rescheduled!

**Thank you for choosing the Illinois Spine Institute
Your choice for comprehensive Spinal Care**