

Procedure Date: _____

Procedure Check-in Time: _____

Procedure Start Time: _____

Check In at Diagnostic Imaging on the 2nd Floor of the Madison Center

Please make sure to read over these instructions thoroughly 7 days prior to your procedure, and on the day of procedure. Call if you have any questions regarding the instructions or medications on this list.

****If pre-procedure instructions are not followed, it is likely we will have to cancel or reschedule this injection****

5-7 DAYS PRIOR TO YOUR PROCEDURE:

- Do not take any **aspirin products, NSAID products – such as ibuprofen and naproxen, fish oil, Vitamin E, flax, or garlic supplements** for 5-7 days prior to your procedure. **There is a complete list of meds not to take on the back of this sheet.**
- Stop taking **Plavix** or **Ticlid** for 5-7 days prior to your procedure.
- **For Coumadin patients only:**
 - ✓ Stop taking Coumadin 4 days prior to your procedure.
 - ✓ Arrive 30-45 minutes prior to your procedure and check in with the Lab on the 2nd Floor of the Madison Center for your blood draw, **only if you are on Coumadin.**
 - ✓ If your INR is **1.2 or lower**, please proceed directly across the hall to Diagnostic Imaging to check in for your injection procedure. If your INR is **1.3 or higher**, please go to Dr. Ren's office on the 4th Floor. You will be scheduled for injection in 2 days on Thursday.
- Your primary care physician should continue to fill your prescriptions for all pain medications and narcotics.
- Please contact our office at 206-860-5470 if you are sick or are put on antibiotics prior to the procedure date.

DAY OF YOUR PROCEDURE:

- Check in at Diagnostic Imaging on the 2nd floor of the Madison Center **15 minutes prior to your scheduled procedure time.** You **do not** need to check in at Dr. Ren's office.
- **Food and liquid restrictions:**
 - ✓ **Drink** at least 16 ounces of water (two glasses) **2 hours prior** to the procedure, then no more to drink until after the procedure.
 - ✓ You may **eat** up to **4 hours prior** to the procedure, and then have nothing until after the procedure. You may eat and drink immediately following the procedure.
- **If you are diabetic:**
 - ✓ You may eat up to 4 hours prior to your procedure.
 - ✓ **If you are able to eat 4 hours prior** to your appointment time, **do take** your diabetic medications as recommended, then no food or diabetic medications until after the procedure.
 - ✓ **If you are unable to eat 4 hours prior** to your appointment time (in case of an early morning procedure), **do not take** your diabetic medications. Taking your diabetic medications without food could result in severe hypoglycemia. **You may eat and drink immediately following your procedure.**
- **If you are on blood pressure medication:**
 - ✓ Please make sure to take your blood pressure medication **as per your usual schedule.**
- **You are required to have a person who knows you drive you home: NO TAXI, NO CAB, NO BUS.**

AFTER YOUR PROCEDURE:

- Go home and rest, limit your activities, and do not drive for the rest of the day.
- Please call your pain relief report on Tuesday or Thursday the week after receiving your injection.

The following is a **partial** list of medications that you should **STOP** for procedures. If you are **UNSURE** about a medication that you are currently taking, please **CALL** our office **ASAP** at 206.860.5470

ASPIRIN PRODUCTS

4-way Cold

***Aspirin**

Aggrenox

Alka-Seltzer

Anacin

Arthritis Pain Formula

Arthritis Pain Reliever

Asacol

Ascriptin products

Aspercream

Aspergum

Axotal

***Baby Aspirin**

Bayer

Buffaprin

Bufferin

Cope

Darvon Compound

Darvon Compound 65

Darvon-N Compound

Doans

Dristan

Ecotrin

Empirin

Equagesic

***Excedrin**

Fiorinal

Genprin

Goody's Tabs XS

Halfprin

Lanorinal

Magnaprin

Mesalamine (Lialda)

Measurin

Midol Max Strength

Norgesic

Pepto Bismol

Percodan

Powder 4-way Cold

Robaxisal

Roxiprin

Salsalate

Sine-Off

St. Joseph Aspirin

Synalgos

Triaminicin Cold

Trigesic
Ursinus Inlay
Vanquish
Zorprin

DICLOFENAC

Arthrotec
Cataflam
Voltaran

DIFLUNISAL

Dolobid

ETODOLAC

Lodine

FENOPROFEN

Nalfon

FLURBIPROFEN

Ansaid

IBUPROFEN***Advil**

Bayer Select
Excedrin IB
Haltran
Ibuprin

***Ibuprofen**

Medipren
Midol IB Formula
Midol IB
Motrin
Nuprin
Pamprin IB
Rufen

INDOMETHACIN

Indameth
Indocin

KETAPROFEN

Orudis
Oruvail

KETOROLAC

Toradol

MECLOFENAMATE

Meclodium

MEFANAMIC ACID

Ponstel

MELOXICAM

Mobic

NABUMETONE

Relafen

NAPROXEN***Aleve**

Anaprox

Naprosyn

OXAPROZIN

Daypro

PIROXICAM

Feldene

SULINDAC

Clinoril

TOLMETIN

Tolectin

Tolectin DS

MISC. MEDS:

Rivaroxabain (Xarelto)

Eliquis (Apixaban)

Effient (Prasugrel)

CILOSTAZOL

Pletal

CLOPIDOGREL

Plavix

DABIGATRAN

Pradaxa

DIPYRIDAMOLE

Persantine

SULFINPYRAZONE

Anturane

TICLOPIDINE

Ticlid



PRE-PROCEDURE INSTRUCTIONS
Physical Medicine Xiangping Pearl Ren, MD

Ph: 206-860-5470

SUPPLEMENTS

Fish Oil
Flax Seed
Garlic
Vitamin E