

PREPARING FOR A PROCEDURE

In preparing for your procedure we ask that you follow a few simple rules:

1. **PLEASE DO NOT EAT** any solid food or drink any non-approved liquids within **8 hours** of your procedure time.
2. Please take your regular medicines on the day of the procedure **with the exception of insulin**. We have specific instructions for **diabetics on insulin**. See below.
3. Potent platelet inhibiting drugs (e.g. Plavix; Ticlid) and/or Coumadin (Warfarin) must be stopped prior to epidural injections. See below.

Our “official procedure” instruction sheet is below.

****All patients are required to have a driver to take them home.****

OK to eat/drink the following:

All solids up to **8 hours** prior to procedure

Clear liquids up to **4 hours** prior to procedure

Clear Liquids that **ARE** approved:

1. Black coffee (no creamers of any kind or milk; sugar OK)
2. Juices - apple, grape, cranberry. **No pulp** of any kind allowed.
3. Water

Diabetics on Insulin

1. **A.M. appointments:** Take 1/2 your dosage of insulin and drink clear liquid.
2. **P.M. appointments:** Take a full dosage of insulin, drink clear liquid; may eat Breakfast before 8A.M.
3. Take all your regular oral (by mouth) medications, especially your blood pressure medicines on the day of the injection.

ANTICOAGULANT (“blood thinner”) policy:

- **You MUST check with your primary care physician and/or cardiologist to confirm that you can temporarily discontinue your blood thinning medicine around the time of an epidural injection(s).**
- **NSAIDs/ASA/"Arthritis Medicines" - e.g. aspirin; Celebrex (celecoxib); Motrin (ibuprofen); Aleve (naproxen); Mobic (meloxicam), etc. - NO restrictions.**
- **NOTE:** If patient is also taking one of the drugs listed below - stop **NSAIDs 7 days** prior to procedure
- **Coumadin** - stop **7 days** prior to procedure
- **Plavix (clopidogrel)** - **7 days** prior to procedure
- **Ticlid (Ticlopidine)** - **14 days** prior to procedure
- **Enoxaparin sodium (Lovenox)** –
 - ▶ dosage regimen 30mg SC q 12h or up to 40 mg SC once daily: last dose **12 hours prior** to injection; first post-injection dose **12 hours after** injection
 - ▶ higher dosage regimens (i.e. 1.5 mg/kg SC once daily or 1 mg/kg SC twice daily): last dose **24 hours prior** to injection; first post-injection dose **24 hours after** injection
- **Platelet GP IIb/IIIa receptor antagonists, including abciximab (Reopro), eptifibatide (Integrilin), and tirofiban (Aggrastat) - 48 hours prior to procedure**