

LIPC SURGERY CENTER

2335 Limestone Overlook Gainesville, GA 30501-7443

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PRE-PROCEDURE INSTRUCTIONS

- Do not eat or drink **non-clear liquids** for a minimum of 8 hours prior to your procedure, You may have **clear** liquids (water, Gatorade, etc.) up to two hours before the procedure.
- Drink plenty of non-caffeinated beverages the day before your procedure so that you will be well hydrated.
- You may take your A.M. medications with a sip of water the morning of your procedure, providing that they will not upset your stomach if taken without food.
- ***You must have a driver to take you home. You may not go to home via taxi or other public transportation.***
- ***A family member/friend should remain at our facility for the duration of your procedure.***
- No prescription will be written the day of your procedure.

Diabetics on Insulin, non-insulin injectable or oral medication:

- Morning procedures: take 1/2 dose of your long acting insulin until after the procedure.
- Afternoon Procedures: you may eat breakfast as long as it is 8 hours to the procedure. (Ex: you may eat before 6 a.m. for a 2 p.m. procedure) Take your full dose of long-acting insulin.
- If you are on an insulin pump: put your pump on the basal rate the morning or afternoon of your procedure.
- If you are taking a non-insulin injectable :(i.e. Januvia, Victoza, Byetta) hold off until after your procedure.
- If you are taking a non-insulin injectable weekly: (i.e. Trulicity, Ozempic, Wegovy) your procedure will be scheduled one week from your last dose, hold off taking your next dose until after your procedure.
- If you are taking oral diabetic medications wait to take your it until after your procedure.
- **If your blood sugar drops or you are symptomatic:** you may have a piece of hard candy or 4 oz of juice.
- Insulin dependent diabetics should bring their insulin with them to procedure.

Anticoagulation (blood thinner) Therapy:

- There are many medications, both prescription and over the counter, that thin the blood and/or affect the clotting mechanism. These may cause an increased risk of bleeding during and following a procedure. There can be negative consequences to excessive bleeding in certain areas of the spine including permanent spinal cord and nerve injury.
- We wish to maintain the highest level of safety when a pain management procedure is performed. If you are taking supplements, herbals, or any non-prescribed anticoagulant, please stop taking them for 7 days prior to your scheduled procedure.
- If you are taking prescribed anticoagulants, please obtain approval from your prescribing physician to determine if you may temporarily discontinue them prior to your procedure. Dr. Givogre may not be able to perform your procedure if he feels there is unnecessary risk of bleeding due to your anticoagulant therapy.
- Refer to the guideline table of the various medications that you are to discontinue before your procedure.

** With the exception of Spinal Cord Stimulator Trials, you may resume your medication(s) 12-24 hours after your procedure.

If you are currently taking any anticoagulant/blood thinner that is not on the list, please inform us so that we can advise if you need to discontinue them prior to your procedure.