

Pre-Pain Procedure Instructions

Name: _____

You have been scheduled for a _____ on Date _____ at Time _____

Arrive 15 minutes before procedure.

Please call our secretary at 617-754-5450 if you have any questions or need to change your appointment.

IMPORTANT MEDICATION INSTRUCTIONS

The instructions below may be changed according to each patient's clinical history and pain management needs.

For your safety, you will have to be off any **blood thinning medications** for a certain number of days before the pain procedure. **However, do not stop this medication without getting permission to do so from the physician who prescribed it.** You must do this before each pain procedure, as your medical situation can change over time.

- If the prescribing physician will not authorize you to stop this medication, please contact the Pain Clinic to discuss alternative treatment options. General guidelines are as follows:
 - For **Coumadin**, you will need to stop taking this for 5 days before having your procedure.
 - If you are on Coumadin, a PT/INR should be ordered by your primary care physician. You can have your blood work drawn on the day before your scheduled procedure and have the results faxed to us at _____.
 - For **Plavix, Persantine, Aggrenox, Trental** or **Arixtra** you will need to stop taking them for 7 days before having your procedure.
 - For **Lovenox**, you will need to stop 48 hours before having your procedure.
 - For **Heparin**, you will need to stop 6 hours before having your procedure.
 - For **Ticlid**, you will need to stop 14 days before having your procedure.
 - For **Pradaxa (Dabigatran)**, you will need to stop 4 days before having your procedure.
- **IT IS RECOMMENDED that you DO NOT stop taking your Aspirin or anti-inflammatory medicines before your procedure unless instructed to do so by your prescribing physician.** Anti-inflammatory medicines include:
 - Tylenol, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Indocin, Relafen, Lodine, Daypro, Oruvail, Arthrotec or Celebrex. New anti-inflammatory medications often become available, so please check with your provider or pharmacist if you need more information about a medication.
- If you are a **Diabetic**:
 - Do not take your insulin or diabetic pills the morning of your procedure. Please bring them with you.
 - If you test your blood sugar at home, please bring your equipment with you, or you may test your blood sugar before leaving home.
 - If you are on Glucophage: Please tell the nurse as it can interact with contrast dye.
- Bring your asthma inhalers with you to the hospital.
- You must be off antibiotics for 2 days and free of infection before the procedure.
- If you are pregnant, please inform the pain clinic staff.

Morning of Appointment:

- No solid food, gum or mints for 6 hours before your procedure.
- You may have clear liquids up to 3 hours before your procedure. Clear liquids would be water, apple and cranberry juice, ginger ale, black coffee or black tea (no milk).

If you DO have sedation, a complex pain procedure or an intravenous infusion: You should not drive, operate machinery or make legal decisions for 24 hours after the procedure. Please arrange for someone to drive you home. You may not go home alone in a taxi. Otherwise, your procedure may be rescheduled for another day.

If you DO NOT have sedation, a complex pain procedure or an intravenous infusion: You should not drive for 24 hours after the procedure. You may experience some weakness or numbness after the procedure so you should arrange for transportation home or have someone accompany you home.

Please call Pre-Registration before your appointment. Monday-Friday (6:00 am – 8:00 pm) 617-754-6000

Thank you and we look forward to your visit.