

# NORTHWEST SPINE & SPORTS PHYSICIANS, P.C.

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## GENERAL INJECTION INSTRUCTIONS:

- Have a **driver** bring you and pick you up (you will not be released to a cab) at:
  - Overlake Surgery Center - Suite 300
  - Overlake Hospital Special Procedures Unit – 3rd Floor
  - Evergreen Surgery Center – Suite 500
- Have **nothing to eat or drink for 4-hours before the procedure** except water needed to take routine required medications.
- DO take your prescribed daily oral medications (including high blood pressure and diabetic pills) before the procedure.
- Do NOT take your regular pain medicine for 6 hours before or after the procedure so that your physician can better assess your condition.
- You may resume all of your medications the night of your procedure.
- Allow 1½ to 2 hours for check-in, evaluation, procedure and recovery.
- **If you have an active infection, fever or you are on antibiotics, we may have to reschedule your procedure – PLEASE CALL OUR OFFICE IMMEDIATELY.**
- If you are pregnant or nursing, please contact our office.
- If you are an insulin-dependent diabetic, contact your diabetic doctor regarding possible medication changes the day of and several days after your procedure.
- Plan to be off work the afternoon of your injection.
- If you have any questions or need to reschedule, please call **(425-451-2272 Ext. 3011)**

## MEDICATIONS TO STOP BEFORE PROCEDURE:

Many medications can thin the blood increasing the risk of bleeding. Excessive bleeding following a procedure can, at times, have serious effects. Your physician will not perform a scheduled procedure if the following medications are not stopped before the procedure.

### Drugs:

### Stop before procedure:

Subcutaneous drugs: **Heparin, Lovenox** (Enoxaparin), **Innohep** (Tinzaparin),  
**Fragmin** (Dalteparin), **Normiflo** (Ardeparin).....at least 12 hours  
**Coumadin** (Warfarin), **Orgaran** (Danaparoid).....6 days  
**Plavix** (Clopidogrel).....10 days  
**Ticlid** (Ticlopidine).....14 days  
**Aspirin**.....7 days

## POST-INJECTION INFORMATION:

### YOU SHOULD:

1. Go home and rest after your injection.
2. Take it easy for that day and the next several days.
3. Be able to return to work the day after your injection.
4. Start physical therapy two (2) days after your injection unless informed differently by your doctor.
5. Apply ice at the site of the injection for approximately 10-20 minutes. This will help with any residual pain. This may be repeated every two (2) hours as needed.