

Instructions to Patients Scheduled for a Spinal Injection

Thank you for choosing Physical Medicine and Pain Physicians for your pain management needs.

Please note the following instructions:-

Before the injection:

1. Please provide a list of medications you have been using on a regular or as needed basis.
 - a. Stop taking aspirin, ticlid, plavix at least 7 days prior to the injection(only after consulting your doctor)
 - b. Coumadin should be stopped 5 days before the injection(only after you have consulted your doctor)
 - c. Lovenox should be stopped 2 days before the Injection(only after consulting your doctor)
 - d. Stop taking Advil, Aleve, Voltaren and other nonsteroidal medications atleast 3 days before the procedure.
 - e. Stop taking herbal medications (i.e. Gingko biloba, ginseng) about 5 days before the procedure
 - f. Stop taking vitamin E, 3-5 days before the procedure.
2. Please provide a list of allergies including medicine, latex or contrast dye.
3. Avoid a heavy meal for 6 hrs before the procedure. Consult your doctor if you are taking medicine for diabetes.
4. If you develop a fever, cold, flu or other illness, please let the doctor know. The procedure may need to be rescheduled

Please have someone available to drive you home after the procedure.

If you have any questions or concerns, please call the Lombard office for a free educational brochure.

Thank you.