

## **PRE-PROCEDURE INSTRUCTIONS**

- 1. Do Not Eat or Drink for SIX (6) HOURS BEFORE your appointment. This includes cigarettes, gum, mints, etc.**
- 2. BLOOD THINNERS:** You may need to discontinue a prescribed blood thinner for a duration of time before the procedure. Please call the office for further instructions if you take blood thinners.
- 3. DISCONTINUE ANTI-INFLAMMITORIES:** Aspirin, Bayer, diclofenac, ibuprofen (Motrin, Advil), Indocine, ketorolac (Toradol), Meloxicam, Vivlodex, Mobic, comfort Pac-Meloxicam, nabumetone (Relafen), naproxen (Aleve, Anaprox, Naprelan, Naprosyn), oxaprozin (Daypro), Sulindac, Etodolac (Lodine). TYLENOL (Acetaminophen) is ok. Please call the office for further instructions if you are prescribed and regularly use NSAIDs.
- 4. On the morning of your procedure, with a sip of water** – take any medications prescribed for heart, blood pressure, anti-depression or thyroid as scheduled. If you have any questions please feel free to call us at 360-752-0518 and a nurse will be glad to speak with you.
- 5. DIABETIC PATIENTS:** Please call the office for additional instructions.
- 6. TRANSPORTATION:** We require that a responsible adult driver accompany you to and from the Mt. Baker Pain Clinic, Taxi's and buses (WTA Specials are acceptable) are not acceptable means of transportation. Physicians at the Mt. Baker Pain Clinic use a local anesthetic during procedures that could impair your driving ability.
- 7. To reduce the risk of infection,** please take a bath or shower the night before or the morning of your procedure.
- 8. VACCINATIONS:** Wait at least two weeks before or after a vaccine to have a steroid injection.
- 9.** The procedure **cannot** be performed if you have an active infection, flu, cold, fever, high blood pressure, uncontrolled high blood pressure or if you are on blood thinners or on antibiotics (**must have completed course of antibiotics for at least 1 week prior to the scheduled procedure**). Please make your physician is aware of any of these conditions or if you have had a recent surgery or procedure before arriving for your procedure.
- 10. Please do not wear any cologne or perfume the day of your procedure.**
- 11. If you have any questions or concerns regarding your procedure,** you can reach the nurse during normal business hours at 360-752-0518.

**THESE INSTRUCTIONS ARE FOR YOUR SAFETY. IF THEY ARE NOT FOLLOWED, THE PROCEDURE MAY HAVE TO BE RESCHEDULED.**

[www.soundpainalliance.com](http://www.soundpainalliance.com)