

# PRE-PROCEDURE INSTRUCTIONS

- Please arrive **at least 15 minutes** early to your scheduled **OFFICE** procedure time.
- **Procedure** must be **cancelled at least 24 hours** prior to appointment to avoid **\$50.00 fee**
- **Please wear athletic shoes. Do not wear heels or rubber shoes (i.e. Crocs).**
- Please bring updated insurance to provide at check-in.
- Notify the office if you are running late for your appointment. For patients arriving late (10 minutes or more) and time permits, we will try to work you back in the schedule. Otherwise, you will be rescheduled.
- **IV sedation: NO driving for 24 hours** after the procedure. Therefore, **you will need a driver that day.** If you do not have a driver in the office, **you will not be able to get your procedure.**
  - **Your driver must be IN THE LOBBY the entire time during your sedation/procedure.**
- **Blood pressure, thyroid, and gastric reflux medications SHOULD BE taken the morning of the procedure with a SIP of water.** \*\*If your blood pressure is too high, the doctor will not be able to perform the procedure.\*\*
- Insulin and oral diabetic meds **SHOULD NOT** be taken the morning of the procedure, as it can cause an unsafe drop in blood sugar while fasting for the procedure. You may bring diabetic medications to your appointment to take after your procedure has been completed.
- **NOTHING by mouth (food, drink, gum, mints, tums, oral nicotine, etc.) after midnight the night before.**

## Medications to STOP before the procedure

**Due to the potential risk of epidural hematoma (blood clot inside the spinal canal) you are required to discontinue all medications that could inhibit your blood platelets increase risk for bleeding.**

\*Medical clearance will be obtained before your procedure can be scheduled. If you have not let our scheduling coordinator know about your blood thinner, please call our office ASAP at 205-271-6511.

Hold 7 days prior	<ul style="list-style-type: none"> <li>- <b>Bayer Aspirin (325 mg) and all Aspirin products</b> (Percodan, Excedrin Migraine, Bayer, Alka-Seltzer, Goody's, Standback, Pepto-Bismol, etc.)</li> <li>- <b>Aggrenox, Ticlid, Effient, Plavix, Pletal, and Trental</b></li> </ul>
Hold 5 days prior	<ul style="list-style-type: none"> <li>- <b>Baby Aspirin (81 mg), Coumadin (Warfarin), Pradaxa</b></li> </ul>
Hold 4 days prior	<ul style="list-style-type: none"> <li>- <b>Savaysa</b></li> </ul>
Hold 3 days prior	<ul style="list-style-type: none"> <li>- <b>Anti-inflammatories</b> (arthritis medications) including: Naproxen (Naprosyn, Naprelan), Ibuprofen (Motrin, Advil, Vicoprofen), Meloxicam (Mobic), Oxaprozen (Daypro), Indomethacin (Indocin), Etodolac (Lodine), Nabumatone (Relafen), Diclofenac, Toradol (Ketorolac). <b>Celebrex</b> (celecoxib) <b>does not</b> have to be held prior to procedure.</li> <li>- <b>Eliquis, Xarelto</b></li> </ul>
Hold 2 days prior	<ul style="list-style-type: none"> <li>- <b>Multi-vitamins, Vitamin E, and Fish Oil</b></li> </ul>
<b>Tylenol (acetaminophen) and Celebrex (celecoxib) <u>do not</u> have to be held prior to procedure</b>	

**ONLY ANESTHESIA PATIENTS:** Due to the potential risk of aspiration of gastric contents you are required to discontinue all medications that could delay stomach emptying: **GLP-1 injectable medications (i.e. Ozempic, Mounjaro, Wegovy, Trulicity) for 7 days** and **SGLT2 oral medications (i.e. Farxiga, Jardiance) for 24 hours**

**\*\*Please check with our office if your injectable or oral diabetic medication needs to be held as this list changes frequently\*\***