



INJECTION/PROCEDURE INSTRUCTIONS

- Arrive 15 minutes early
- **DO NOT** eat solids 3 hours prior to your procedure (liquids only.)
- **DO NOT** drink anything (other than clear liquids) 1 hours prior to your procedure.
- Please avoid caffeinated beverages the day of procedure if opting for sedation.
- Wash the injection and IV sites with warm soapy water the night before the injection and the morning of injection.
- Take all routine medication (with a sip of water) **except:**

STOP BLOOD THINNING MEDICATIONS AS FOLLOWS:

- **7 days prior – Plavix, Ticlid, Aggrenox, Effient, Eliquis (Apixaban), Xarelto (Rivaroxaban),**
- **5 days prior - Coumadin, Heparin, Warfarin,**
- **3 days prior- Aspirin**

PRP ONLY: Patient Needs To Stop Diclofenac Sodium 2 weeks prior to PRP

If you feel you cannot stop any of the above medications for the listed time, please let your provider know and contact your prescribing physician and ask what would be a safe timeframe. Once done, contact the procedure scheduler and advise so that this may also be approved with Dr. Gullo

- **If you elect to have sedation, you MUST have someone else drive you home.** Your procedure will not begin unless this person is present. They **MUST** wait in one of the waiting rooms during the procedure.
- Do NOT bring items of value, except your insurance card and co-pay/co-insurance to your appointment.
- The use of cell phones is prohibited in the procedure area. Please turn off electronic devices before you arrive.
- If you have any questions regarding these instructions call the office (503) 512-1212 Option 6