



PROCEDURE INSTRUCTIONS

- Arrive 15 minutes early
- **DO NOT** eat solids 6 hours prior to your procedure (liquids only.)
- **DO NOT** drink anything (other than clear liquids) 2 hours prior to your procedure.
- **DO NOT** drink anything (including clear liquids) 1 hour prior to your procedure.
- 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 AND ANTI-INFLAMMATORY MEDICATIONS AS FOLLOWS:

- **7 days prior – Plavix, Ticlid, Aggrenox**
 - **5 days prior - Coumadin, Heparin, Warfarin, Aspirin**
 - **3 days prior - Ibuprofen, Motrin, Advil, Naprosyn, Aleve**
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- **If you elect to have sedation, You MUST have someone else drive you home.** Your procedure will not begin unless this person is present.
 - 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.