



Interventional Procedure Instructions

These instructions are also available on our website
www.painchicago.com

Pre-Procedure Instructions

1. You will receive a call from the surgery center notifying you of the time of your procedure
2. Let us know if you become sick, are on antibiotics, or develop a fever. We may need to reschedule your appointment.
3. You cannot have anything to eat or drink after midnight
4. Medications:
 - A. **NSAIDS: do not hold** for any procedure, Except for SCS trial, Superior, or Cervical Epidural steroid injection.
 - B. **Low dose ASA (baby aspirin): do not hold** for any procedure
 - C. **ASA (aspirin 325mg/day or more), Plavix, Effient:** Hold for **7 days** for Interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, sympathetic nerve blocks.
 - D. **Ticlid:** hold for **10 days** for interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, and sympathetic nerve blocks.
 - E. **Pradaxa, Eliquis:** Hold for **4 days** for interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, and sympathetic nerve blocks.
 - F. **Xarelto:** hold for **3 days** for interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, and sympathetic nerve blocks.
 - G. **Coumadin:** hold for **5 days** and check INR (**1.2 or under**) for interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, and sympathetic nerve blocks.
 - H. **Fish Oil:** hold for **7 days** for interlaminar epidural, transforaminal epidural, SCS trial/implant, caudal injections, intrathecal injections, and sympathetic nerve blocks.
 - I. **NSAID and fish oil** if taken together or with any SSRI or SNRI a group of antidepressant medications. (Ex. Prozac, Pristiq, Zoloft, Celexa, Lexapro, Paxil etc) hold both NSAID's and Fish oil for **7 days** for SCS trial, Superior, and Cervical epidural steroid injection.

ALWAYS ASK IF THERE IS AN UNFAMILIAR MEDICINE, CONFUSION, OR DOUBT

1. If you will be having anesthesia, you will need a driver from the hospital. No driving or operating machinery for 24 hours
2. If you have had anesthesia, you may experience nausea, vomiting, headache, sleepiness, or dizziness. This should improve within 24 hours
3. You may have increased discomfort for 2-3 days after your procedure, which is normal. You may apply ice to the site. Do not use heat.
4. There may be bruising to the injection site, which is normal.
5. Do not go into a hot tub, swimming pool or take a bath for 48 hours after procedure

Effects from Steroids

1. Flush like symptoms to the neck, face, and chest
2. People with diabetes may have a temporary increase in blood sugar results. If you blood sugar rises above 250, call your Primary Care Provider
3. Irritability/Insomnia
4. **Follow up appointment**

Return two weeks after your procedure for a follow up appointment. Call the office to schedule your appointment if one is not already scheduled.

Call our office (630)-371-9980 for the following symptoms:

1. Fever above 100.5
2. Redness at the injection site
3. Persistent weakness or severe headache