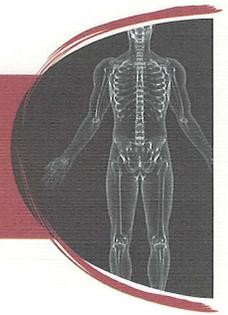




Hany Nasr, MD
Interventional Pain Management

201 E. Noble Ave.
Visalia, CA 93277
phone: (559) 627-6500
fax: (559) 627-6501



www.stgeorgespineandpaininstitute.com

IN OFFICE PRE-PROCEDURE INSTRUCTIONS

Please arrive 15 minutes before your scheduled appointment time

***Please review the following instructions:**

1. You will not need a driver after your procedure. If you are uncomfortable driving yourself then make sure you are accompanied by a responsible adult driver, who will remain in the waiting area throughout your appointment.
2. Your procedure should take approximately 30-45 minutes. Please plan your schedule accordingly. We will monitor you for approximately 10-15 minutes following the procedure.
3. Your dietary restrictions the day of the procedure are as follows:

-YOU MAY EAT AND DRINK REGULARLY. LIMIT YOUR CAFFEINE AND ALCOHOL INTAKE AT LEAST 24 HOURS PRIOR TO PROCEDURE. IT IS IMPORTANT TO STAY WELL HYDRATED 24 HOURS PRIOR TO YOUR INJECTION.

4. You should continue to take your usual heart, blood pressure or seizure medications. Please see below regarding medications to stop or avoid prior to your procedure.
5. If you have had any surgery or started any antibiotics within the last 10 days please notify us prior.
6. **CANCELLATION POLICY-** Due to scheduling complexities, we kindly request that you provide a minimum of a **24 hour** advance notice if you should need to cancel your procedure for any reason. Please notify our office at (559) 627-6500

MEDICATIONS TO BE STOPPED PRIOR TO OFFICE INJECTIONS:

- All non-steroidal anti-inflammatory medicines, NSAIDS (see attached list)
- Coumadin, Warfarin, Mobic, Plavix with consent from prescribing doctor

MEDICATIONS THAT CAN BE CONTINUED PRIOR TO INJECTIONS:

- Celebrex
- Pain medications
- High blood pressure medications, heart medications, seizure medications

IF YOU HAVE ANY QUESTIONS ABOUT YOUR MEDICATIONS OR YOUR PROCEDURE, PLEASE DO NOT HESITATE TO CONTACT OUR OFFICE AT 559-627-6500

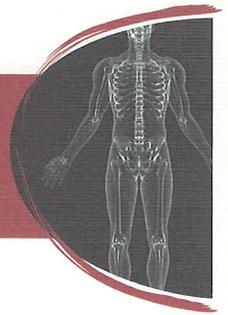
Thank you for trusting us with your medical care

St. George Spine and Pain Institute Physician and Staff



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IN HOSPITAL PRE-PROCEDURE INSTRUCTIONS

Please review the following instructions:

1. You will need to arrive at the hospital at 5:30am the morning of your procedure, checking in thru the Acequia entrance is the easiest route.
2. You will need a driver after your procedure.
3. Nothing by mouth after midnight before your appointment. If you have medications you take daily in the morning you can take those with a small sip of water.

Your procedure should take approximately 30-45 minutes. Please plan your schedule accordingly. The hospital will monitor you for approximately 1-2 hours following the procedure.

YOUR CAFFEINE AND ALCOHOL INTAKE AT LEAST 24 HOURS PRIOR TO PROCEDURE. IT IS IMPORTANT TO STAY WELL HYDRATED 24 HOURS PRIOR TO YOUR INJECTION.

4. You should continue to take your usual heart, blood pressure or seizure medications. Please see below regarding medications to stop or avoid prior to your procedure.
5. If you have had any surgery or started any antibiotics within the last 10 days please notify us prior.
6. **CANCELLATION POLICY-** Due to scheduling complexities, we kindly request that you provide a minimum of a **24 hour** advance notice if you should need to cancel your procedure for any reason. Please notify our office at (559) 627-6500

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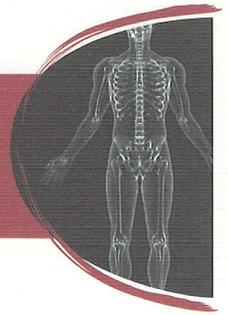
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MEDICATIONS TO BE STOPPED 3-5 DAYS PRIOR:

AGGRENEX

ALEVE/ADVIL/EXCEDRIN

ARIZTRA

ASPIRIN (81MG IS OKAY)

BAYER

CAFFEINE (MINIMIZE)

COUMADIN/WARFARIN (5-7DAYS)

DICLOFENAC/MISOPROSTOL

DIFLUNISAL

DIRECT THROMBIN INHIBITORS

EFFIENT (7-10DAYS)

ETODOLAC

FENOPROFEN CALCIUM

FLURBIPROFEN ORAL

FRAGMIN

HEPARIN

HERBALS

INDOMETHACIN

IBUPROFEN/MOTRIN

INNOHEP

KETOPROFEN

KETOROLAC TROMETHAIMINE SYSTEMIC

LOVENOX

MECLOFENAMATE SODIUM

MEFENAMIC ACID

MELOXICAM

MOBIC

NAPROXEN

NAPROSYN

OXAPROZIN

PRIOXICAM

PLATELET GO

PLAVIX (7-10DAYS)

PLETAL

ROFECOXIB

SALSALATE

SULINDAC

TOLMETIN SODIUM

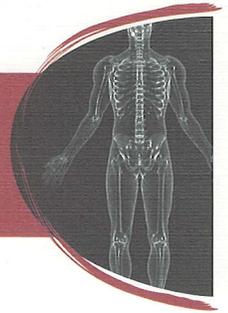
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** IF YOU START A NEW MEDICATION PRIOR TO YOU INJECTION AND YOU ARE NOT SURE IF IT NEEDS TO BE STOPPED PLEASE NOTIFY OUR OFFICE RIGHT AWAY.



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POST PROCEDURE INSTRUCTIONS

1. It is advised that you rest today and have a responsible adult stay with you tonight
2. After your procedure, you may feel an increase or worsening in pain/discomfort for the next 24-48 hours.
3. Apply ice packs to the injection site in 10-15 minute intervals, 2-3 times on the day of the procedure. (Take care to protect your skin with a cloth or towel.) The following day apply **warm** (not hot) pack to the injection site 10-15 minutes twice a day.
4. If you received sedation during today's procedure **do not** operate a vehicle or drive heavy machinery until tomorrow. Dizziness or lightheadedness may occur following the procedure. Move slowly when getting up.
5. Do not consume alcohol, tranquilizers, or sleeping pills until tomorrow.
6. You may take your regular prescription medications as well as pain medications prescribed starting within one hour of your procedure.
7. You may resume your normal activities, as tolerated as soon as tomorrow. Avoid strenuous activities, heavy lifting/carrying or repetitive bending and twisting for at least 24 hours
8. You may eat your regular diet as prior or return to any diet restrictions
9. You may remove your bandages and shower 24 hours after your procedure.
10. Medications used may include: Lidocaine 1%-2%, Marcaine 0.25%-0.5%, Depomedrol, Isovue-M 200 M 300, 0.9% Sodium Chloride, Omnipaque 240mg
11. Notify your doctor if any of the following occurs in the affected area: bleeding, swelling, and itchiness, fever over 100 degrees, loss of bladder or bowel control and redness/drainage at injection site
12. If you have any questions please call your doctor at (559) 627-6500. If you have a medical emergency and are unable to reach your doctor, call 911 or go to the nearest emergency room.

Thank you for trusting us with your medical care

St. George Spine and Pain Institute Physician and Staff