

## **Pre-Procedure Instructions**

- Please stop all aspirin, aspirin products, and all nonsteroidals – except **CELEBREX- 5 days before** the procedure. Examples of nonsteroidals that need to be stopped are: **Motrin, Advil, Naprosyn, Naproxen, Aleve, Indocin, Lodine, Orudis, Relafen, Daypro, Tolectin, Mobic, Toradol, Voltaren, Trilisate, Dolobid, Arthrotec, Ibuprofen, Diclofenac and Clinoril.**
- If you have questions regarding these types of products or their discontinuation, you should discuss this with one of our staff.
- If you take **Fish Oil or Vitamin E Supplementation**, please stop these **5 days** prior to the injection.
- If you take **Coumadin, Heparin, Lovenox, Warfarin, Pradaxa, Debigatran, Orgaran, Innohep, Fragmin, Argatroban, Plavix, Effient, Prasugrel, Reopro, Ticlid, Trental, Persantine** or any **Blood Thinner** notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- Please wear comfortable, loose-fitting clothing with an elastic waist band such as gym shorts, sweats, or pajama bottoms. Please do not wear jeans. Due to the use of betadine, please if possible wear dark colors.
- If you have any problems, please contact our office directly to speak with a medical assistant.
- You will need to schedule a follow-up appointment for approximately 10 days to 2 weeks after your procedure. If this is not already scheduled, please contact our office to schedule it immediately.
- Please inform the office staff if you are taking antibiotic or antiviral medication.

**Date of procedure:**

**Arrive at:**