

Pain Specialty Consultants
1200 Brooklyn Ave, #140, San Antonio, TX 78212
Phone: (210) 527-1166

Your safety and well-being are our top priority. Please read this carefully and follow these instructions. Any deviation from these may result in cancellation of your procedure and inconvenience to all. Please inform us at least 48 hours in advance if you are unable to keep your appointment.

PRE-PROCEDURE INSTRUCTIONS

- Most places require that you arrive at least 2 hours before the time of the procedure.
- Illnesses: If you have a **fever** or are developing any symptoms of illness like sore throat, cough, sputum, nausea, vomiting, diarrhea, headaches, and urinary tract infection please call and reschedule your appointment. No procedure will be done under these circumstances.
- Injuries: Please let us know of any new injury that you have not informed the physician.
- **Transportation:** You should have a drive back home. No exceptions will be made to this rule.
- Diet: Please do not eat or drink at least 8 hours before the procedure. You may take some of your prescribed medications with sips of water. *You should continue to take your heart pills, blood pressure pills with sips of water*
- Medications: a) Please check with your family physician and make sure that you are permitted to stop **Aspirin, Coumadin, Persantin and Plavix** at least 7 days before the procedure. Discontinue all anti-inflammatory agents (example— **Lodine(Etodolac), Advil(ibuprofen), Aleve(naproxen sodium), Naprosyn, Motrin, Relafen(Nabumetone), Celebrex(celecoxib), Arthrotec, Mobic(meloxicam), Diclofenac, Indomethacin, Toradol, Daypro(Oxaprozin), Feldene(Piroxicam)** for at least 7 days before the procedure. b) Please check with your family physician and stop **Glucophage** at least 24 hours before the procedure. You should not resume this for the next 48 hours. If you are on some other medication for your Diabetes please check with us as to when to take it. Also, if you are on insulin please check with us. d) Please stop *herbal supplements, Vascepa, Fish oil, Turmeric and Vitamins* about 7 days prior to the procedure e) Please check with the physician if you have any doubt about any medication. f) You may continue to take plain Tylenol if needed.
- **Please inform the physician if: a) You are pregnant, b) Allergic to Iodine** or seafood, **c) If you or anyone in the family has had a problem with any anesthetic including local anesthetics like *Novacaine*, d) If you are allergic to latex or tape, e) If you or any family member has any **bleeding problems**.**
- Please read the consent carefully and sign it. Make sure to understand the discharge instructions before the procedure.
- Please wear light and inexpensive clothing for the procedure. Your clothes may get stained. Please do not bring any valuables to the office. We cannot assume any responsibility of this nature.
- The following may be expected on the day of the procedure a) IV in the hand for possible medication injection. b) You may be hooked up to monitors to check heart rate, blood pressure, respirations, Oxygen saturation c) Use of X-rays to optimize medication delivery to the target site. d) Monitoring in the recovery room to make sure that it is safe for you to go home.

Discharge instructions for Epidural steroid Block/ Facet joint block:

1. Before you leave please make sure that you have a follow up appointment with Dr. Singh.
2. No driving for the next 24 hours. Do not sign any legal documents for the next 24 hours.
3. You may use cold packs at the injection site for the next 24 hours. Keep injection site clean and dry.
4. Do not take any blood thinners like Aspirin, Coumadin, Plavix, Ticlid, etc for at least 24 hours.
5. You may eat your regular diet today.
6. Limit walking. **Walk only with assistance for the next 10-12 hours.** Do not walk if you have any weakness in your legs.
7. You may shower tomorrow if you are able to stand alone.
8. You may remove any Band-Aids tomorrow. Apply an ice pack or heating pad to injection site if you have pain.
9. Limit your activity today. Bed rest may be necessary today
10. If you have leg weakness and/or numbness walk only with assistance.
11. If you should have any questions or concerns please call Dr. Singh's office at 210 527 1166
12. If you develop fever >100 degrees F, neck stiffness and/or new onset of leg weakness, severe headaches, call Dr. Singh's office.
13. You may take plain Tylenol for pain. (if you are not allergic to it.)
14. You may resume most of your normal medications.
15. Avoid anti-inflammatory medications for next 24 hours.
16. If you are on Metformin (Glucophage) then check with us or your MD if need to hold it for a day or so.
17. Do not leave the office unless you understand all these instructions.

Patients Signature: _____ Date: _____