

Minnesota Valley Surgery Center Pain Management Pre- Procedural Instructions

Dr. Lutz:

- DO NOT have anything to eat or drink **2 hours** prior to your injection. If you are having a procedure that requires sedation (i.e. **radiofrequency, discogram**) DO NOT have anything to eat or drink **6 hours** prior to your procedure.
- Please refrain from smoking or drinking alcohol for 24 hours before your procedure
- Take any heart, blood pressure, and seizure meds with a small sip of water prior to your procedure.
- Take asthma medications and bring inhaler with you.
- DO NOT take any pain medication 6 hours prior to the injection.
- You must arrange to have a ride home. Driver must be 18 years or older. Failure to arrange a ride may result in the cancellation of your procedure.
- Before stopping any medications please check with your primary care provider.
- All patients should **remain** on their blood thinners (Coumadin, Warfarin, Lovenox, etc)
- Patients on Coumadin (Warfarin) must have an INR drawn within 24 hours of their scheduled procedure. Please bring results with you for Dr. Lutz' review
- Continue aspirin and NSAID's (Aleve, ibuprofen, Advil, naproxen) as prescribed

Dr. Deal:

- DO NOT have anything to eat or drink **2 hours** prior to your injection.
- Please refrain from smoking or drinking alcohol for 24 hours before your procedure
- Take any heart, blood pressure, and seizure meds with a small sip of water prior to your procedure.
- Take asthma medications and bring inhaler with you.
- DO NOT take any pain medication 6 hours prior to the injection.
- You must arrange to have a ride home. Driver must be 18 years or older. Failure to arrange a ride may result in the cancellation of your procedure.

- Before stopping any medications please check with your primary care provider.
- If you are on a blood thinner (Coumadin, Warfarin, Lovenox, Eliquis, Pradaxa, Xarelto, Jantoven, etc.) please contact Dr. Deal for instructions.

Dr. Ebeling (foot/ankle):

- You may eat and drink as normal.
- Take any prescription medications as usual.
- You may drive yourself home.