

Minnesota Valley Surgery Center

Pain Management Pre-Procedural Instructions

Dr Bloom:

- DO NOT have anything to eat or drink **2 hours** prior to your injection. If you are having a procedure that requires sedation (ie, **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 an inhaler with you.
- DO NOT take any pain medication 6 hours prior to the injection.
- You must arrange to have a ride home. The 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 Bloom's review.
- Continue aspirin and NSAIDs (Aleve, ibuprofen, Advil, naproxen) as prescribed (unless going undergoing spinal cord stimulator trial).

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