

# PRE-PROCEDURE INSTRUCTIONS FOR INJECTIONS

- ❖ Payment:
  - Your injection fee is due prior to services being rendered.
  - You may use a debit or credit card, cash or check.
  - Innovation MD is a **CareCredit** approved provider. You may apply online at [www.carecredit.com](http://www.carecredit.com) and elect to finance through an interest deferred program of up to 6, 12 or 18 months.
  
- ❖ If you take a blood thinner, YOU MUST notify the physician or nurse. You may need to discontinue these medications prior to your procedure. **All NSAIDs should be held for 7 days before and 7 days after your procedure.** See the attached list regarding common medications that may thin your blood.
  
- ❖ If Valium (diazepam) was ordered, it will be called to the pharmacy you've provided the week of your procedure.
  
- ❖ You will not be able to drive immediately following your procedure. You will need to have someone accompany you to your appointment. They must arrive with you as well as remain at the facility for the duration of your appointment (approximately 2 hours).
  
- ❖ **DRINK PLENTY OF WATER THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE.** There are **NO dietary restrictions** before your procedure unless otherwise advised. You may eat and drink at any point before your procedure.
  
- ❖ If your procedure involves platelet lysate/platelet rich plasma, processing may take 45 minutes before your injection is performed. Bring some light reading material ☺
  
- ❖ You must remain in the facility for a minimum of 20 minutes following administration of any medication. It is for your safety, as well as others, that you comply with this requirement.
  
- ❖ The procedure cannot be performed if you have an acute infection, flu, cold, fever, or very high blood pressure. Cancellation of the procedure will be at the performing physician's discretion. It is advised for you to **contact the office ahead of time at (470) 252-6710 if you become ill and are prescribed an antibiotic 2 weeks prior or steroid 4 weeks prior to your appointment** or have new, onset, uncontrolled blood pressure.
  
- ❖ For your safety, failure to comply with the above listed instructions will result in the procedure being rescheduled.

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## PRODUCTS WHICH MAY THIN THE BLOOD

This list includes prescription medications, over-the-counter medications and herbal supplements:

Aches-N-Pains	Fiorinol	Motrin	Sine-Aid
Acetylsalicylic Acid	Flurbiprofen	Nabumetone	Sine-Off
Actron	Garlic (large amounts)	Nalfon	Soma Compound
Advil	Ginger	Naprosyn	Sominex
Aggrenox	Ginko Biloba	Naproxen	Stanback
Aleve	Ginseng	Norgesic	Sulindac
Alka-seltzer	Goody's	Nuprin	Talwin Compound
Anacin	Haltrin	Nyquil	Ticlid
Anaprox	IBU	Orudis	Ticlopidine
Ansaid	Ibuprofen	Oruvail	Tolectin
Arthritis Pain Formula	Indocin	Oxaprozin	Tolmetin
Ascriptin	Indomethacin	Pamprin	Toradol
Aspergum	Ketoprofen	Pepto Bismoal	Trendar
Aspirin	Ketorolac	Percodan	Tricolsal
Bayer	Kaopectate	Phenaphen	Vanquish
BC Powders	Lodine	Piroxicam	Vitamin E
Black Cohosh	Lovenox	Plavix	Voltaren
Bufferin	Meclenofenamate	Ponstel	Xarelto
Cataflam	Mecolmen	Pradaxa	Warfarin
Celebrex	Medipren	Relafen	Zorpin
Equgesic	Mefamic Acid	Rivaroxiban	
Etodolac	Meloxicam	Robaxisal	
Excedrin	Menadol	Rufen	
Feldene	Methocarbamol	Saleto	
Fenoprofen	Midol	Salsalate	
Feverfew	Mobic	Saw Palmetto	

**\*\* To ensure maximum efficacy of your injection, you will need to hold non-prescription medications that may thin your blood 7 days *prior to and after* your procedure unless otherwise advised by your doctor. \*\*\***

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## PRESCRIBED BLOOD THINNERS

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This list includes the length of time to temporarily discontinue prescription blood thinners:

Days before procedure	Blood Thinner	Resume after procedure
2	Xarelto	next day
3	Eliquis	next day
4	Coumadin	same day
5	Pletal	next day
5	Pradaxa	next day
7	Aggrenox	next day
7	Aspirin 325	next day
7	Brilinta	next day
7	Effient	next day
7	Plavix	next day

### **If you take Coumadin:**

1. Please obtain an INR 24 hours prior to your procedure appointment in writing in order to proceed with your procedure.
2. We will also need a written clearance letter from the physician who manages your coumadin therapy as soon as possible to temporarily stop coumadin 4 days prior to your procedure and if a Lovenox bridge is necessary during this time.
3. Please provide your clearance documentation at the time of your procedure to avoid rescheduling.