



SYNERGY

REHABILITATION AND WELLNESS CENTER

Pre-Procedure Instructions for Spinal Injections

- 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, Torodol, 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 prior to your injection.
- **If you take fish oil or Vitamin E supplementation, please stop these 3 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 other **blood thinner,** notify your doctor. This medication must be discontinued prior to an injection and requires permission from the provider prescribing it.
- **Do not eat 6 hours or drink 4 hours prior to the procedure. You may take routine a.m. medications with a small amount of water.**
- You may be requested to obtain laboratory work prior to your procedure. This will be discussed and ordered, if necessary, at the pre-procedure appointment with your provider.
- **For your safety, you must have a responsible adult to drive you home. Failure to have a driver may result in the cancellation of your procedure. Ride-sharing services are not permitted without prior approval.**
- 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 2 weeks after your procedure.** If this is not already scheduled, please contact our office to schedule immediately.

Date of Procedure: _____

Check-In Time: _____

Arrive at: North Scottsdale Ambulatory Surgery Center (NSASC)
 9439 E. Ironwood Square Drive, Suite 100
 Scottsdale, AZ 85258
 (480) 355-3750

SurgCenter Camelback
 6245 N. 24th Parkway, Suite 112
 Phoenix, AZ 85016
 (602) 682- 7005

Date of Follow-Up: _____

Time: _____