

FLORIDA PAIN MEDICINE

INTERVENTIONAL PAIN PROCEDURE PRE-OPERATIVE INSTRUCTIONS

LOCAL ORAL SEDATION IV SEDATION

Patient Name: _____ **DOS:** _____

Physician: Dr. Maulik Bhalani Dr. Arpit Patel Dr. Maria Cristancho Dr. Stephanie Epting
 Dr. Bryan Thomas Dr. Shawn Murphy

Your health is our priority. Please carefully read the instruction sheet in its entirety. Please arrive 20 minutes prior to your scheduled procedure.

PLEASE CONTINUE TO TAKE ALL REGULARLY SCHEDULED MEDICATIONS (INCLUDING HIGH BLOOD PRESSURE, DIABETES, THYROID) EXCEPT FOR BLOOD THINNING MEDICATIONS ON THE BLOOD THINNING MEDICATION LIST BELOW.

OFFICE-BASED PROCEDURES (Wesley Chapel & Brandon locations): No solid food 6 hours prior to procedure. You may have **clear liquids** up to 2 hours prior, **but nothing by mouth after that.**

ASC (ADVANCED SURGERY CENTER) PROCEDURES: Nothing by mouth after midnight **the night prior to your surgery.**

Please remember to take a shower on the morning of your scheduled procedure as this creates a more hygienic environment and may decrease your chance for skin related infections.

Please wear loose and dark clothing for your procedure such as sweat pants or loose t-shirts, and please keep in mind that your clothing may become stained from the cleaning solutions used by your physician. Please wear low heeled shoes and leave your jewelry and valuables at home.

If you are taking any anti-biotics, the procedure must be postponed until you have finished your anti-biotics.

See page 2 for blood thinner list of medications that need to be stopped prior to procedure.

You must notify the physician prescribing the blood thinner before stopping them AND we must have documentation from the prescribing physician allowing you to stop the blood thinner as instructed above.

You may continue Flector Patch, Lidoderm Patch, Celebrex, Tylenol/Acetaminophen or other medications including "opiate" pain medications without interruption.

If you have a temperature (100 F or above) or have a cold or the flu, or have other significant changes to your health, **please call us before you come in for your procedure.**

Bring your insurance card and your driver's license with you to your procedure.

YOU MUST HAVE A DESIGNATED DRIVER. Your driver **must be known to you;** a friend or family member. Do not take a cab or Uber without a responsible adult.

YOU MUST HAVE A CAREGIVER remain with you for 8 hours following your procedure.

It is the policy of Florida Pain Medicine that patients **DO NOT** operate motor vehicles or heavy machinery on the day of the procedure. Please arrange for a driver as you cannot be discharged to a taxi service or take public transportation such as a bus without a caregiver with you.

MEDICATION POLICY:

If appropriate, controlled medications (narcotics, muscle relaxants, and sedatives) may be prescribed prior to discharge from your procedure. Prescribing controlled medications over the phone is avoided. If additional medications are requested, an office visit for evaluation will be scheduled or you may need to go to the emergency room.

BLOOD THINNING MEDICATIONS LIST:

Abciximab (Reopro)	2 days
Aggrenox (Dipyridamole)	7 days
Aggrastat (Tirofiban)	7 days
Agrylin (Anagrelide Hydrochloride)	7 days
Angiomax (Bivalirudin)	Ask prescribing physician
Arixtra (Fondaparinux)	24 hours prior/after procedure
Apixaban (Eliquis)	4 days
Aspirin	7 days (*hold for L1 and above)
Coumadin (Warfarin)	5 days, LABS day of procedure; INR < 1.2
Dabigatran (Pradaxa)	5 days
Effient (Prasugrel)	Ask prescribing physician
Eptifibatide (Integrilin)	8 hours
Exanta (Eligatran/Ximeligatran)	Ask prescribing physician
Flolan (Epoprostenol Sodium)	24 hours prior/after procedure
Fondaparaneux (Arixtra)	5 days
Fragmin (Dalteparin)	7 days
Heparin	4 hours prior/after procedure
Integrilin (Eptifibatide)	7 days
Iprivask (Desirudin)	Ask prescribing physician
Lovenox (Enoxaparin)	12 hours
Normiflo (Ardeparin)	7 days
Novastan (Argatroban)	Ask prescribing physician
NSAIDS, Fish Oil, Gingko, Garlic, Ginseng	5 days (*hold for L1 and above)
Orgaran (Danaparoid)	7 days
Pel-santine (Dipyridamole)	7 days
Plavix (Clopidogrel)	7 days and MD approval
Pletal (Cilostazol)	7 days
Prasugrel (Effient)	10 days
Refludan (Repiludin)	7 days
Ticagrelor (Brilinta)	5 days
Ticlid (Ticlopidine)	14 days
Tirofiban (Aggrastat)	8 hours
Xarelto (Rivaroxaban)	3 days
All herbals (including Green Tea)	7 days
High Dose Vitamin E	7 days

**All patients MUST consult with and have the approval of their prescribing physician for appropriate directions BEFORE stopping the above medications. For this process, our office will need a note/script from the prescribing physician stating that you have been cleared to stop the above medicine and the amount of days needed to stop the medicine prior to your procedure. This note will be good for one year from when written and will be scanned into your file at our office. If you take any of these medications, you will need to call your prescribing physician to get their permission to hold these medications before we can schedule your procedure.

***The above are not the only medications or herbals/ingestible items that can thin the blood, please verify with your physician prior to taking any other medications or substances.

****You may take Tylenol or Acetaminophen and any pain medications as prescribed by your doctor.

A staff member from Florida Pain Medicine reviewed my pre-operative instructions either in writing or verbally over the phone. I understand and wish to proceed with my procedure. **Pt. Initials:** _____

You can review your procedural consent and post-op instructions online at www.FloridaPainMedicine.com. Click on PATIENTS, then click on Consent or Post-op Instructions.

Patient Signature: _____ Date: _____ Time: _____

Form date: 8/5/19