

Valley Pain Centers

SEDATION PRE-PROCEDURE INSTRUCTIONS

1. **No food or liquids for 6 hours prior to your appt time. You may brush your teeth in the morning.**
2. If you have a cold, sore throat or other illness 24 hours prior to your procedure, please call your doctor's office and inform the staff.
3. If you have any allergies to medications, latex, tape, soap, or foods, please inform your doctor.
4. If your doctor has prescribed a special medication to use prior to your procedure, please follow the instructions closely.
5. Please make **ARRANGEMENTS FOR TRANSPORTATION** with a friend or family member to drive you home after your discharge. **Under no circumstances** will you be allowed to operate a motor vehicle if you have received sedation. This also applies if your doctor gave you medication prior to your injection, i.e. Valium, Ativan.
6. You will be asked to sign a form giving your consent for the procedure. If the patient is under 18, a parent or legal guardian should accompany the patient and sign the consent form.
7. Bring all insurance cards and your driver's license with you to the center.
8. **Plan to arrive 30 minutes before your scheduled procedure time. If you are unable to make your procedure time please call the office ASAP.**

Medications

1. **If you take medication(s) daily**, take them as usual the morning of your procedure with a SIP of water. Bring both a list of your medications along with the dosage and frequency that you take them to your procedure.
2. **If you are a diabetic and use insulin**, please ask your doctor about your pre-injection insulin dosage. Bring your insulin with you.
3. **If you take diabetic medication** (pills), please discuss with your doctor whether he wants you to take it in the morning if your procedure is before lunch. If your procedure is in the afternoon, take your medications as you normally would in the morning.
4. **DO NOT take anti-inflammatory medications** (Advil, Aleve, Motrin, Nuprin, etc.) for three days prior to your injection. Aspirin should be stopped a week before, except a baby aspirin, which may be continued. Tylenol is safe to use.
5. **If you take anticoagulant medication please discuss this with your doctor prior to your appt day.**
6. If your procedure is in the morning, most medications can be taken upon arising with a sip of water. If you take diabetic medication, please discuss with your doctor whether he wants you to take it in the morning. If your procedure is in the afternoon, take your medications as you normally would in the morning.

Valley Pain Centers
4045 E. Bell Rd, Ste 147
Phoenix, AZ 85032
P: 602-795-0207 F: 602-795-4514

Valley Pain Centers
9242 W. Union Hills Dr. Ste 100
Peoria, AZ 85382
P: 623-777-0333 F: 623-777-0566