

Minnesota Valley Surgery Center Pain Management Pre-Procedural Instructions

- DO NOT have anything to eat or drink **2 hours** prior to your injection. If you are having a procedure that requires sedation (i.e. **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 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 and remain in the building during your procedure. Failure to arrange a ride may result in the cancellation of your procedure.

Medications

Prior to stopping any medications, 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. Lutz' review
- Continue aspirin and NSAID's (Aleve, ibuprofen, Advil, naproxen) as prescribed

Additional Instructions for procedures requiring sedation (Radiofrequency or Discogram)

- Leave all jewelry at home (no metal can be on your body for these procedures)
- You will not be able to work the day of your procedure