

## Pre-Operative Instructions

You may have a light meal 4 hour before your procedure. A light breakfast or lunch. This means **NO FAST FOOD.**

If you are on diabetic medication we will discuss what you need to do about your medication with you

You may drink clear liquids up to 1 hour prior to your procedure. That includes water, sodas, clear juices (no pulp), chicken broth, tea, coffee (no creamer), this includes jello.

You **must** have a driver and they **must** stay at the office during your procedure.

Please do not take any pain medications unless instructed to do so by Blue Ridge Chronic Pain Center. Due to bleeding risks, **do not take** ibuprofen, Motrin, Aleve or any aspirin over 81 mg. If you are taking Turmeric, Naproxen, Diclofenac or Meloxicam you will need stop taking these for a certain number of days prior to your procedure (we will tell you how many days).

If you are taking prescribed blood thinners, we will need to get approval from the prescribing physician before you can stop these drugs and we can schedule the procedure. We will take care of this for you. Those drugs include:

Warfarin/Coumadin (you will need to have your INR checked prior to your procedure-we will help you with this), Plavix/Clopidogrel, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, or Eliquis/Apixaban.

You may take your blood pressure meds, thyroid meds or Tylenol for pain.

If you fail to comply with these rules, your procedure will likely be rescheduled.