



Pre-Operative Instructions

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

No Chewing Gum or Mints.

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, please stop taking the following medication on the appropriate day (as listed below):

24 hours prior to procedure: Ibuprofen/Motrin/Diclofenac/Celebrex

4 days prior to procedure: Aleve/Naproxen/Naprosyn/Meloxicam/Mobic

6 days prior to procedure: Nabumetone/Aspirin (over 81 mg)/Excedrin/Goody and BC powders

14 days prior to procedure: Turmeric

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, Eliquis/Apixaban or Effient/Prasugrel.**

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.