

## PROCEDURE INFORMATION

**Information for :** \_\_\_\_\_.

You have been scheduled for a Steroid Injection with: Dr. \_\_\_\_\_.

*Please read the following information in detail.*

**What to expect** Your procedure will be performed at Water's Edge Clinic , located at 1460 N. 16<sup>th</sup> Ave, Suite D, Yakima Washington. Please arrive 20-30 minutes prior to your scheduled procedure. It is very important to arrive on time so that all the necessary screening processes can occur. If you are more than 10 minutes late we may have to reschedule you. You will need to have a driver, "on call" in case of possible side effects such as extremity weakness or numbness.

**IV Sedation (optional)** Your procedures will usually take less than 10 minutes. If you feel you must have sedation, it can be provided. If sedation is provided **you cannot to eat within 8 hours of your appointment or drink any fluids 4 hours prior to your appointment time.** You may take your medications with a small amount of water that morning. **All patients receiving sedation must have a licensed driver present in the waiting room at the time of your procedure who will be responsible for ensuring you get home safely.** You will not be able to drive for 24 hours after your procedure.

**Post Procedure** We recommend taking it easy the day of the procedure. Go home and rest if you can. If you need to return to work for any reason, you should be able to do so. If pain increases at the injection site you may use ice and anti-inflammatory medications (if not contra indicated). Avoid heat to the injection site; this includes hot baths, hot tubs and heating pads. Heat can cause the steroid medication to dissipate and it will not be effective.

**Medications** Please take all of your usual medications the day of the procedure. There are some anticoagulants (blood thinners) that will need to be discontinued prior to each procedure including Coumadin and Plavix. Please notify your primary care Physician of any discontinued medications. You may resume these medications that evening or the next morning after your procedure.

**Please discontinue the following medications prior to each procedure:**

**Plavix/Dipyridamole-** 7 days prior

**Coumadin-** 5 days prior

There will be **NO MEDICATION REFILLS done on procedure day.** You must schedule an appointment in the clinic for these issues.

**PROCEDURE DATE AND TIME**\_\_\_\_\_

*Contact Information: Water's Edge Memorial's Pain Relief Institute  
Phone (509) 574-3805*