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## Medication Instructions

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- **Take your routine required medications** (including heart, lung, high blood pressure, and diabetic pills) before the procedure **with sips of water only**. If you use an asthma inhaler, bring it with you. Have nothing to eat or drink for **four hours** before the procedure except sips of water needed to take routine required medications.

### Medications to be held before pain management procedures:

- **Do not take your regular pain medicine for 6 hours before the procedure** so that the physician can better assess your condition. If you are receiving a diagnostic procedure it will be best to not take pain medication in the first 6 hours after the procedure so that optimal diagnostic information is obtained.

Many medications can thin the blood and/or affect the clotting mechanism increasing the risk of bleeding. Excessive bleeding following a procedure can, at times, have serious effects including permanent nerve injury. Your physician may not perform a scheduled procedure if the medications below are not held before the procedure. **Please call the office if you are on one of these medications listed below.** You may resume these medications the night of the procedure.

#### DRUGS

#### HOLD BEFORE PROCEDURE

- | DRUGS   | HOLD BEFORE PROCEDURE  |
|---|------------------------|
| ■ Subcutaneous: Heparin, Lovenox (Enoxaparin), Innohep (Tinzapaarin), Fragmin (Dalteparin), Normiflo (Ardeparin)  | .....at least 12 hours |
| ■ Coumadin (Warfarin), Orgaran (Damaparoid)   | .....6 days            |
| We will need to arrange a blood draw (INR) the day of the procedure if you are on coumadin  |                        |
| ■ Plavix (Clopidogrel)  | .....10 days           |
| ■ Ticlid (Ticlopidine)  | ..... 14 days          |
| ■ Aspirin (Cervical Procedures Only)  | .....7 days            |
| ■ Garlic, Ginseng, Vitamin E (more than 400 IU/day), Feverfew, Ginger, Saw Palmetta, Dong Quai, Bromelain, Omega -3, Chondroitin (Cervical Procedures Only) | .....7 days            |
| ■ Ginko biloba (Cervical Procedures Only)   | .....2 days            |

- **Please check with your cardiologist or Primary care physician before you hold blood thinners.**