Interventional Spine and Pain Physicians

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**Patient Education for Injections and Procedures**

For your best experience and comfort, most of our procedures will be performed under intravenous (IV) conscious sedation. The following instructions are helpful when preparing for your upcoming procedure.

The time you are given is a check in time- you do not need to come early unless instructed to do so.

**Procedures start approximately 30-45 minutes after you check in**. Although each procedure is different, your total time at our office may vary 1-3 hours.

**For IV sedation:**

* **Do not eat or drink 6 hours prior to your procedure (this includes candy, gum, mints, cough drops, water, crackers smoking etc.)**

Any medications that are normally taken, should be taken with a small **sip** of water, unless otherwise instructed by the doctor. Please inform our Doctor or nurse if you are on any Anticoagulants (Coumadin, Plavix, Xarelto, Pradaxa etc.)

**A responsible adult with a valid driver’s license must accompany the patient to and from our office.** The patient will not be able to drive for 24 hours after IV sedation is given. If the driver leaves our office at any time during the procedure, he or she must notify the front desk person, and provide a cell phone number where they can be reached immediately. **We ask drivers stay within a 10-15 minute radius of the clinic**. Drivers without cellphones are asked to stay in the building/lobby.

**For patients not having sedation:**

* If you are not having sedation, you do not have any fasting instructions and you may drive yourself home- although a backup driver is recommended.

Loose and comfortable clothes should be worn. Please leave any jewelry and valuables at home or with your driver.

Procedures cannot be completed if you have a severe cold, flu, fever, sore throat or sinus infection with excessive drainage or if you are on any antibiotics. If you develop any of these symptoms prior to your appointment, please call the office and speak to a nurse for further instructions.

A Nurse will call 24-48 hours prior to your scheduled procedure to confirm the above with you. Please, do not hesitate to call if you have any last minute questions.

Appointment date and check in time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_