

**PROCEDURE INSTRUCTIONS**

**Facility Location:** Rocky Mountain Surgical Center: 1450 Ellis Street Suite 101 (first level)  
Bozeman MT 59715 (406) 556-9000

**Procedure Instructions**

- **Check in times are finalized 1-2 days prior to your injection.** A nurse from Rocky Mountain Surgical Center will call you to review your medical history & provide your check in time. Occasionally times change based on schedule needs and you may receive a 2<sup>nd</sup> phone call with a new time. A message will be left if the nurse does not reach you.
- **Do not eat or drink 2 hours before the procedure.** No chewing gum, mints, or chewing tobacco.
- Take your regular medications at your normal time with a small sip of water.
- You **will not** be able to have your procedure if you are sick, just getting over a cold/flu, or have an active infection. You will be rescheduled until after the infection has resolved completely with or without antibiotic use. If you are put on an antibiotic, you need to finish the course and you **cannot have your procedure until you have been off antibiotics for 14 days.** Please call 587-0122 to reschedule the procedure.
- You will be receiving an injection of a local anesthetic, steroid, and a small amount of contrast dye. The injection site will be sterilized using iodine. **Please inform us if you have had a previous adverse reaction** to any of the medications listed above.
- You are required to have a responsible adult over 18 years old to drive you home after the procedure.
- Prepare to take the day off after your procedure to rest.
- You will receive a facility charge from Rocky Mountain Surgical Center and professional charge from Bridger Orthopedic.

**PLEASE SEE CHART BELOW FOR INSTRUCTIONS ON WHAT MEDICATION OR SUPPLEMENTS NEEDS TO BE STOPPED PRIOR TO PROCEDURE.**

**\*\*IF YOU DO NOT STOP THESE MEDICATIONS AS INSTRUCTED YOUR PROCEDURE WILL BE CANCELLED\*\***

**\*YOU MUST CHECK WITH YOUR PCP BEFORE DISCONTINUING ANY PRESCRIBED BLOOD THINNING MEDICATIONS!!\***

<p><b><u>No restrictions:</u></b> Aspirin 81mg daily Tylenol (acetaminophen) Celebrex</p>	<p><b><u>Off 24 hours before procedure:</u></b> Heparin Dalteparin (Fragmin) <b>Enoxaparin (Lovenox)</b> Tirofiban (Aggrastat) Eptifibatide (Integrilin) Ginseng</p>	<p><b><u>Off 3 days before procedure:</u></b> <b>Xarelto (Rivaroxaban)</b> Abciximab (ReoPro) <b>Eliquis (Apixaban)</b> Cilostazole (Pletal) Aggrenox (Dipyridamole) Ginkgo</p>	<p><b><u>Off 4 days before procedure:</u></b> <b>NSAIDS:</b> Ibuprofen (Motrin/Advil), Naproxen (Aleve), Meloxicam (Mobic), Diclofenac (Voltaren), Etodolac (Lodine), Indomethacin (Indocin), Nabumetone (Relafen) <b>Dabigatran (Pradaxa)</b></p>
<p><b><u>Off 5 days before procedure:</u></b> If you are taking <b>Coumadin</b> or <b>Warfarin</b> please notify your physician so your medication can be adjusted or stopped prior to procedure. If you are bridging with another blood thinner (Lovenox/Enoxaparin) your last dose must be taken 24 hours before the procedure. Your INR will need to be checked the day before or the day of the procedure at a laboratory or anticoagulation clinic (home machine results cannot be accepted). <b>If your INR is not 1.2 or lower you will not be able to have the procedure.</b></p>			
<p><b><u>Off 5 days before procedure:</u></b> Ticagrelor (Brilinta)</p>	<p><b><u>Off 7 days before procedure:</u></b> <b>Aspirin 325mg</b> (Excedrin, Alka-Seltzer, Ecotrin, Bufferin) <b>Clopidogrel (Plavix)</b> Garlic (supplement)</p>	<p><b><u>Off 10 days before procedure:</u></b> Activase (Alteplase) Tenecteplase Effient (Prasugrel)</p> <p><b><u>Off 2 weeks before procedure:</u></b> Ticlopidine (Ticlid)</p>	