

## Therapeutic Pain Management Medical Clinic

For: \_\_\_\_\_

Your procedure is scheduled on \_\_\_\_\_ day, \_\_\_\_\_ date

Please arrive at the facility listed below at \_\_\_\_\_: \_\_\_\_\_ AM / PM.

Physician:  Dhruva  Hansen

Location of the procedure is:

TPM Office: 1335 Buenaventura, Suite 100 Tel: 247-7246

Mercy Surgery Center: 2175 Rosaline Avenue, Suite A, Tel: 225-7400

√ **Do not eat anything 6 Hours prior to the procedure time.**

√ May only have up to 10 oz clear liquids (clear broth, black coffee) up to 4 hours prior to the procedure

√ May only have up to 10 oz water up to 2 hours prior to the procedure

√ You may take your routine medications with a sip of water

√ Bring someone with you, who can drive you home after the procedure

***☞ Please see the back-side of this document for very specific instructions.***

*If you are taking any blood thinning medications such **Plavix, Ticlid, Aggrenox, Persantin, Pradaxa, Xarelto, Effient, Eliquis, Brillinta, or Coumadin**...or taking Aspirin, or aspirin containing products, anti-inflammatory medications such as ibuprofen, Aleve, or Vitamin E etc ☞ **Please see the back-side of this document for very specific instructions.***

➤ **If have taken Coumadin (Warfarin). Please make sure that the laboratory will fax us the INR results at 245-0849 the evening before the procedure day. INR MUST be 1.2 or LESS**

We will contact you once we have authorization from your insurance company for the procedure.

We do not need authorization from your insurance company for the procedure

We have authorization from your insurance company for the procedure

We have scheduled the recommended procedure on you pending insurance authorization. While we hope to obtain the authorization prior to the schedule date, there is a chance that we may not have it in time. If we do not get authorization in time, we will have to postpone the procedure. We will inform you about this a few days in advance. Thank you for your understanding.

**If you need to reschedule or cancel the appointment, please contact us right away at 247-7246. A charge of \$ 50 will be billed to you if we do not receive at least 24-hour notification of cancellation.**

**AFTER the above procedure, you will be seen at TPM Clinic on \_\_\_\_\_ at \_\_\_\_\_**

This follow-up appointment AFTER your procedure will be with:

Dhruva MD  Hansen MD  Deb Boyd NP

**☞ PLEASE READ THE BACK-SIDE OF THIS DOCUMENT FOR IMPORTANT INFORMATION**

## **SAFETY FIRST**

**Reduce the risk of bleeding. It is most important especially if you are having epidural steroid injection, especially in the cervical spine (neck) or thoracic spine (mid-back). Uncontrolled internal bleeding due to thinned blood can compress spinal cord and nerves – which can result in undesirable and very serious complications.**

**To minimize the risk of bleeding, please do NOT take these medications as listed below prior to your procedure. Please ask the MD or the TPM staff if you have any questions. Please ALSO consult with your regular MD and/or cardiologist prior to temporarily discontinuing these medications – as stopping them may increase risk of certain disease conditions for which they are prescribed.**

- **Coumadin (Warfarin) within last 7 days. You must have an INR of 1.2 or less prior to the procedure.** Restart the evening of procedure day.
  - **Plavix (Clopidogrel ) within last 8 days.** Restart the day AFTER the procedure
  - **Pradaxa (dabigatran) within last 8 days.** Restart the day AFTER the procedure
  - **Xarelto (Rivaroxaban) within last 4 days.** Restart the day AFTER the procedure
  - **Effient (Prasugrel) within last 10 days.** Restart the day AFTER the procedure
  - **Eliquis (Apixaban) within last 5 days.** Restart the day AFTER the procedure
  - **Brillinta (Ticagrelor) within last 5 days.** Restart the day AFTER the procedure
  - **Aspirin or Aspirin containing products (*Alka Selzer, Anacin, Bufferin, Ecotrin, Fiorinal, etc*) within last 8 days.** Restart the day AFTER the procedure
  - **Anti-Inflammatory medication such as Ibuprofen, Motrin, Advil, Aleve, Naprosyn, Voltaren, Arthrotec, Daypro, Feldene, Mobic, Miloxicam, Indocin, Relafen etc within last 5 days.** Restart after procedure.
  - **Vitamin E within last 2 weeks.** Restart the day AFTER the procedure
- 
- 

### **FOOD items before the procedure:**

**Please do NOT eat or drink at least 6 hours prior to your procedure, except as listed below. This is to minimize the risk of vomiting or aspirating food if you get heavily sedated or pass-out during the procedure. Please continue to take your other medications (such as blood pressure pill, etc) with a sip of water.**

**You are allowed only the following food items prior to the procedure, but NONE within the immediate 4 hours prior to the procedure.**

**Allowed liquid list: Black coffee, tea, carbonated beverages, fruit flavored drinks, strained fruit juices, apple juice, lemonade, clear broth, clear flavored gelatin, clear hard candy. The total intake should not exceed 10oz. You are allowed up to 10 oz of water up to 2 hours prior to the procedure. NOTHING within the 2 hours immediately before the procedure.**

**PLEASE READ THE BACK-SIDE OF THIS DOCUMENT FOR IMPORTANT INFORMATION**