

Pre-Procedure Instructions

Facet Blocks, Medial Branch Blocks, Radiofrequency and SI joint, joint injections:

- You DO NOT need to stop NSAID's (Advil, Motrin, Aleve, ibuprofen for example), PLAVIX, COUMADIN or other blood thinners

Epidural Injections:

- NSAIDs - STOP 3 days prior to procedure
- Cervical and Lumbar ESI → STOP prescribed blood thinners prior to procedure:
Pradaxa 4 days, Plavix 7 days, Coumadin 5 days, Eliquis 3 days, Xarelto 3 days.
- Patients on any prescribed blood thinner must contact prescribing physician for clearance and recommendations on when to stop and restart the blood thinner.

Blood Thinners Protocol

Patient must obtain permission to stop from prescribing physician.

Epidural Drug	When to Stop	When to Restart
Pradaxa (Dabigatran)(DOAC)	4 days before procedure	6 hours post procedure
Eliquis (Apixaban)(DOAC)	3 days before procedure	6 hours post procedure
Xarelto (Rivaroxaban)(DOAC)	3 days before procedure	6 hours post procedure
Effient (Prasugrel)(DOAC)	7-10 days before procedure	6 hours post procedure
Brilinta (Ticagrelor)(DOAC)	5-7 days before procedure	6 hours post procedure
Coumadin (Warfarin)	5 days before procedure	6 hours post procedure
Plavix (Clopidogrel)	7 days before procedure	6 hours post procedure
Aggrenox (Dipyridamole)	7 days before procedure	6 hours post procedure

Guidelines for Aspirin Use:

- 81 mg/325 mg Aspirin: Patients MAY continue for ALL lumbar spine procedures. For cervical procedures STOP 5 days prior.

General:

- Continue all other medications as directed not listed above.
- If you are pregnant or think you may be pregnant, please let us know. The doctor will write an order for a blood test.
- If you are diabetic, please inform the doctor so arrangements can be made regarding your diabetic medication.
- If you are taking an oral sedative prior to your procedure, please make arrangements to have someone drive you home.