

Mind and Body Pain Clinic

2516 Samaritan Drive, Ste. M
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PRE-PROCEDURE INSTRUCTIONS FOR PATIENTS

Please arrive at the surgery center one-half-hour prior to your scheduled procedure time.

Please call office at least 24 hours prior to procedure if you need to cancel, otherwise a \$50 cancellation fee will be charged.

INSTRUCTIONS TO FOLLOW PRIOR TO PROCEDURE: Please read completely!!!

1. Please arrive on time. If you are over 15 minutes late your appointment will be cancelled.
2. You **MUST** have a responsible person to drive you home. Your procedure will be cancelled if you do not have a driver. If you receive sedation you must have a responsible person (relative or friend) to accompany you home. **Please notify the staff if you do not want sedation.**
3. Take nothing by mouth after midnight, the night before your procedure. No gum, candy, food, liquids, not even water. If your procedure is scheduled in the afternoon, you may have liquids only until 6:00 am. **Your procedure will be cancelled if you do not follow the dietary instructions.**
4. You **MAY take** prescription medicines with small sips of water. ****Diabetic patients:** DO NOT TAKE any insulin prior to coming to the Clinic. Please bring your insulin and testing supplies with you. ****Asthma Patients:** Please bring your inhaler(s).
5. **If you are taking any “blood thinners” (such as Coumadin, Levonox, Plavix, Ticlid, etc.) make sure you tell your Mind and Body Pain Clinic physician.** These medications will need to be discontinued for several days prior to your procedure and blood work may need to be drawn.
 - Stop taking over the counter Nonsteroidal anti-inflammatory medications (NSAIDs) like Ibuprofen, Aleve, Aspirin 81mg, Excedrin, Naproxen, Arthrotec, etc. for **3** days prior to procedure.

- If taking Clopidogrel (PLAVIX), Aggrenox, ASA 325 mg, or TICLID you will need to stop these **7** days prior to procedure. This should **ONLY** be done if it is ok and cleared by the prescribing physician. Please discuss with us further if you are on these types of medications.

6. You **MAY** brush your teeth and rinse your mouth without swallowing any water the morning of your procedure.

7. Leave your valuables and jewelry at home. Please bring your glasses with you, if you need them to read.

8. To maintain cleanliness of the injection site, please bathe or shower the night before or morning of the procedure and wear loose fitting, comfortable clothing that can be easily be folded for storage.

Bring or wear a clean pair of socks to wear during your procedure.

9. Call the mind and Body Pain Clinic at (408)356-5900 with any questions you may have.

10. Family members will not be allowed in the procedure area before or after the procedure.

11. NOTIFY THE CLINIC IMMEDIATELY IF YOU ARE TAKING ANTIBIOTICS or have an infection.

12. Remember to take all your usual medications on the day of the procedure, this is especially important regarding blood pressure and asthma.

Following the above instructions ensure **SAFE, EFFICIENT, EFFECTIVE** and **PRODUCTIVE** encounter