



www.DiagnosticPainCenter.com

## **Robert S. Marks, M.D.**

Board Certified in Pain Medicine & Anesthesiology  
Fellowship Trained Interventional Pain Specialist  
3345 Bee Cave Road, Suite 101  
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Phone/Fax: 512-981-PAIN (7246)

### **OUTPATIENT PROCEDURE GUIDELINES**

*Your safety is the most critical part of your healthcare, and these instructions exist to keep you safe.*

*If you cannot abide by these guidelines, please notify our office immediately.*

*\*\*\*Failure to follow these instructions may result in cancellation of your procedure\*\*\**

#### **PRE-PROCEDURE INSTRUCTIONS:**

- Do not eat anything for at least 6 hours prior to the procedure. You may have water or black coffee (no cream/milk) up to 2 hours prior to the procedure. You may take normal morning medications with small sips of water. Medication restrictions are described below and are critical to follow for your safety.
- Arrive at the time instructed by the facility. If you are late, your procedure may be rescheduled.
- You **MUST** have a driver if you receive any form of sedation. This cannot be public transportation (taxi or public bus).
- Discontinue all of the following medications for the specified amount of time prior to the procedure, unless specifically directed by Dr. Marks. **You MUST verify with your primary care provider or specialist that it is acceptable to hold these medications as instructed. Please inform Dr. Marks if you are not able to stop the medications as directed below.** These medications alter the way the body controls bleeding, and various types of injections may be significantly more dangerous if these medications are not held accordingly.
  - **Coumadin, Warfarin, Plavix, Pradaxa, Pletal, and ALL products containing Aspirin** should all be held for **7 (seven) days** prior to the procedure.
  - **Ticlid (Ticlopidine)**: hold for **14 (fourteen) days** prior to the procedure.
  - **Pradaxa, Xarelto, and ReoPro (Abciximab)**: Hold for **2 (two) days** prior to the procedure.
  - **Lovenox**: Hold for **24 hours** prior to the procedure.
  - **Heparin**: Hold for **12 hours** prior to the procedure.
  - **Mobic, Meloxicam, Etodolac, Lodine, Celebrex, Ibuprofen, Advil, Motrin, Aleve, Naproxen, and any other NSAIDS**: Hold for **5 (five) days** prior to the procedure.
  - **Fish Oil, Vitamin E, Ginseng, Ginkgo Biloba**: Hold for **5 (five) days** prior to the procedure.
  - **If you are taking any “Blood Thinners” that aren’t on this list, or you have any questions, please call our office at 512-981-7246. We are here to help.**
- **If you have Diabetes**, a general guideline is that you should eat a light meal 6 hours prior to the procedure and take half of your usual morning dose of insulin. Inform the staff that you are a diabetic upon arrival, and tell them if you feel like your blood sugar is too high or low. Bring your insulin with you to the procedure, and bring a snack to consume upon discharge.
- **All female patients** must be aware that procedures are performed using X-rays. If you are pregnant or think you might be, please inform Dr. Marks beforehand so that appropriate measures may be taken.
- Wear comfortable clothing, bring your glasses, and please leave all valuables and jewelry at home.



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- If you are on antibiotics, have an infection, and/or have a fever greater than 100.4 Fahrenheit, please call our office to reschedule your procedure.
- Please bring your Driver's License / ID card PLUS your insurance card to the procedure.

**THE PROCEDURE PROCESS:**

- Once you are checked in, you will change into a gown. Your doctor may offer sedation, depending on the type of procedure you are having. Depending on the type of procedure and/or sedation, an intravenous (IV) infusion may be started. Your family may wait for you in the waiting room. Your vital signs will be monitored during the procedure. Most procedures take between 5-30 minutes. After the procedure is complete, you will be taken to the recovery room and continue to be monitored (usually for 15-30 minutes). Expect the entire process, from check-in to check-out, to take approximately 2-3 hours.

**AFTER DISCHARGE:**

- The staff will assist you in scheduling a follow-up appointment with Dr. Marks.
- The nursing staff will go over the side effects that you may experience after your procedure.
- Unless you had an implant such as a spinal cord stimulator trial, you may resume your normal medications the evening of the procedure.
- You may experience increased soreness for a few days after your procedure.
- You may experience immediate pain relief after the procedure, but it usually takes several days.
- Limit your activities to what you would normally do for the first 24 hours after the injection, as the initial pain relief may only be secondary to numbing medicine. Do not over-exert yourself because you "don't hurt" during this time.
- If you have any questions or concerns, please contact our office at 512-981-7246.

**I have read the above requirements and will comply with each of them as instructed. I have been given a copy of these instructions. I understand that failure to abide by the above instructions may result in cancellation or rescheduling of my procedure.**

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_