

## Lumbar/Cervical Procedures Patient Information

**Please discuss with your primary care physician before you stop taking blood thinning medication.**  
**It is very important that you discontinue blood-thinning medications prior to your procedure**

- Anticoagulation medication: stop the appropriate # of days prior to procedure as instructed upon scheduling  
-PLEASE CALL IF YOU NEED CLARIFICATION OF WHEN TO STOP YOUR BLOOD THINNER  
-Coumadin/Warfarin patients: INR 1.5 or less day of or day before procedure (results must be faxed)
- Aspirin products- stop 5 days prior to procedure
- Anti-inflammatory medications (NSAIDS): do not take for 1 day prior to procedure
- Notify the office immediately if you develop an infection or start an antibiotic or antifungal medication  
-preventative antibiotics should be continued
- Diabetic patients: no oral Hypoglycemic or Metformin the morning of the procedure
- DO continue to take all blood pressure medications as usual

### **The Day of the Procedure**

1. Please **wear loose fitting clothing** such as sweat pants or pajama pants, otherwise you will be changed into a hospital gown. Do NOT wear pants or shorts with buttons or metallic pieces on the day of the procedure.
2. **You will need a designated driver.** You will not be able to drive yourself after the procedure and you should not drive the remainder of the day. Your driver will need to stay at Steindler from the time you check in until the time you leave.
3. Please **do not eat or drink anything** for **4 hours** prior to your arrival. Please take a small amount of water with your regular daily medications, except for those noted above.
4. You have been scheduled to arrive 30 minutes prior to your procedure for registration, preparation, and discussion with the physician.

### **During the Procedure**

The area over the injection site will be cleaned with chlorhexidine or betadine and numbed with a local anesthetic called lidocaine. X-ray dye will be injected to confirm placement and then steroid will be injected. Most patients tolerate the procedure very well but some note minimal discomfort.

### **After the Procedure**

You will be observed after the procedure and vitals will be checked during this time. You will be discharged if no problems develop. **If you are diabetic**, you will need to monitor your blood sugars after the procedure as blood sugars will rise as a result of the medications used during the procedure. You should not drive the rest of the day.