

SOC Pain Management Patient Information for Procedures performed at Iowa City ASC

Before the Procedure

1. **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: off _____ days prior to procedure
-Coumadin/Warfarin patients: INR 1.5 or less day of or day before procedure (results must be faxed)
 - Aspirin products – must be discontinued 5 days prior to procedure.
 - Anti-inflammatory medications (NSAIDS): do not take for 1 day prior to procedure
 - Diabetic patients: no oral Hypoglycemic or Metformin the morning of the procedure
2. Review the Iowa City ASC instruction sheet.
3. Go to www.iowacityasc.com to complete your health history **OR** call 319-248-1500.
4. Your arrival time will be determined by the ASC Pre-Admissions Nurse that calls you the day prior to your procedure. At this time, you will also be instructed when to stop eating, drinking, and what medications to take the day of your procedure.
5. Call us right away if you become ill, start antibiotics, are running a fever, or are no longer having pain.

The Day of the Procedure

1. You will need a designated driver. You will not be able to drive yourself after the procedure. Your driver will need to stay at the ASC from the time you check in until the time you leave.
2. Please do NOT wear pants or shorts with buttons or metallic pieces on the day of the procedure.
3. Your arrival time will be determined by the ASC Pre-Admissions Nurse that calls you the day prior to your procedure. At this time, you will also be instructed when to stop eating, drinking, and what medications to take the day of your procedure.

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.

VERY IMPORTANT: You can resume taking all medications including blood thinners 24 hours after the procedure.

Appointment Date(s): _____