

Pre-Procedural Instructions

You have been scheduled for an injection or procedure that requires the use of imaging guidance for accurate and precise placement. Please read these instructions, carefully, to help you prepare for a comfortable and convenient experience.

Before your procedure:

Arrange for a responsible, adult driver to bring you to your appointment and take you home afterwards. Failure to have a driver will require cancellation of the procedure. For your safety, taxi services are not permitted.

Please notify our office if you are on any blood thinning medications so that we may give you instructions on the specific length of time you may need to temporarily stop these before your procedure. Medications in this category include: Coumadin (warfarin), Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Arixtra (fondaparinux), Effient (prasugrel), Brilinta (ticagrelor), Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran), Aggrastat (tirofiban), Savaysa (edoxaban), Reopro (abciximab), Integrelin (eptifibatide), Lovenox (enoxaparin), Fragmin (dalteparin), heparin, and recent TPA treatment. It is important that you contact your primary care provider or cardiologist before discontinuing any these types of medications.

Let us know if you have an infection, sickness, fevers, or have been taking any antibiotics prior to your appointment. You need to be healthy in order to have your procedure.

On the day of your procedure:

Wear comfortable, loose fitting, warm clothing.

Please do not eat anything 6 hours before or drink any fluids 2 hours before your procedure. You may take your routine morning medications with a small amount of water.

During your treatment, you may receive an injection using local anesthetic, corticosteroid (cortisone or steroid), imaging contrast dye. You may also receive procedural sedation. Please inform us if you have had any negative reactions to any of these medications in the past.

After your treatment:

Plan to rest for the remainder of the day. Avoid driving, operating machinery, or making any important decisions.

Avoid swimming or bathing for 48 hours. Showering is acceptable. Other than this, you can resume your normal activities the next day, as tolerated.

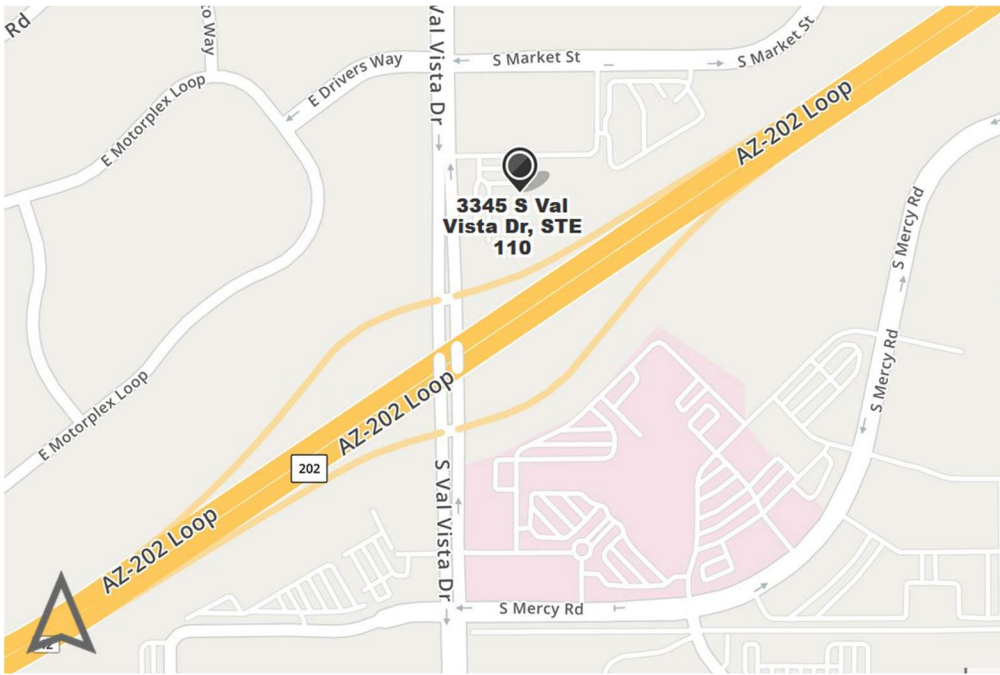
It can be normal to experience a temporary increase in your symptoms and/or localized injection-site discomfort for up to several days after your procedure. Apply cold packs, heat, and use over-the-counter medications, if needed.

If your treatment included a corticosteroid injection, you may experience some temporary side effects from this medication. These may include: hot flashes, irritability, headache, stomach upset, shakiness, insomnia, fluid retention, skin color changes, and/or mild dizziness. These symptoms will resolve on their own within several days, but in some cases may improve over the course of a week. If your symptoms are severe or do not improve beyond several days, please call us.

If you experience severe pain; a measurable fever; shaking chills; painful, red swelling; trouble breathing; or loss of bodily function, please seek urgent or emergency care.

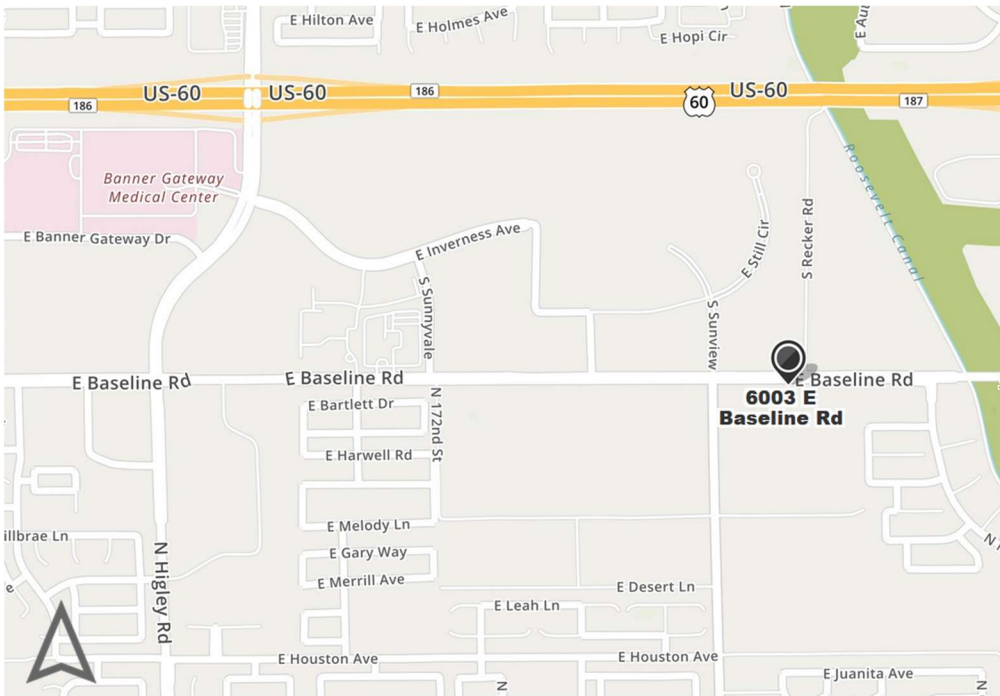
Make sure you have a follow-up appointment to discuss and review the results of your treatment with your doctor back in the office. This is typically 2 weeks after corticosteroid treatment or several days after an anesthetic test injection.

Directions:



SurgCenter Gilbert
3345 S. Val Vista Dr., Ste. 110 Gilbert,
AZ 85297
480-725-9777

Please arrive 30 minutes early for
check-in



Surgery Center of Gilbert
6003 E. Baseline Rd.
Mesa, AZ 85206
480-641-6500

Please arrive 60 minutes early for
check-in