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PREPARING FOR YOUR PROCEDURE

Scheduling, sedation, fasting, and blood thinner instructions

This handout explains what you need to do before your procedure at Coastal Spine & Pain. Please read it carefully. Most delays and cancellations happen because a sedation, fasting, driver, or blood thinner instruction was missed.

SEDATION: KNOW YOUR PLAN BEFORE YOU LEAVE THE CLINIC

Sedation is optional for most injections and in many cases is not needed. Avoiding sedation generally means a faster recovery and fewer complications. **Before you leave the clinic, make sure you know which of the three options below applies to you.**

	No Sedation	Oral Sedation	IV Sedation or Anesthesia
What it is	Local numbing medicine at the injection site only	A calming pill prescribed by us and picked up at your pharmacy before your appointment	Medicine given through an IV by an anesthesia provider
Eating and drinking	Eat and drink normally	Eat and drink normally	Follow the fasting rules below
Driver required	Recommended	Yes. Your driver must come with you.	Yes. Your driver must come with you and stay.
IV needed	No	No	Yes

If you choose oral sedation

- We will send the prescription to your pharmacy. Pick it up before your appointment and bring it with you unless we tell you otherwise.
- **You must bring an adult driver with you to your appointment.** Your procedure will be canceled if you arrive without a driver. You may not drive yourself home, take a taxi, or use a ride service alone.
- Oral sedation must be the only sedation used that day. It cannot be combined with IV sedation.
- For 24 hours afterward, do not drive, drink alcohol, operate machinery, or sign important documents.

If you are having IV sedation or anesthesia

- An adult driver must bring you, stay at the facility during your procedure, be available to speak with the physician, and drive you home.
- A responsible adult should stay with you for 24 hours after you get home.
- For 24 hours afterward, do not drive, drink alcohol, operate machinery, or sign important documents.

Coastal Spine & Pain, LLC

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FASTING RULES FOR IV SEDATION OR ANESTHESIA

- **Solid food, milk, and dairy:** stop 8 hours before your scheduled arrival time.
- **Clear liquids:** you may drink until 2 hours before your scheduled arrival time.
- **Medications:** take your usual morning medications with a small sip of water unless we have told you to stop a medication.

Clear liquids are liquids you can see through: water, apple juice, white grape or white cranberry juice, plain tea or black coffee (no milk, cream, or creamer), and sports drinks such as Gatorade, Powerade, or Pedialyte. Chewing gum, mints, and candy count as solid food.

Scheduled Arrival Time	Stop Solid Food By	Clear Liquids Allowed Until
7:00 a.m.	11:00 p.m. the night before	5:00 a.m.
8:00 a.m.	Midnight	6:00 a.m.
10:00 a.m.	2:00 a.m.	8:00 a.m.
12:00 p.m.	4:00 a.m.	10:00 a.m.
2:00 p.m.	6:00 a.m.	12:00 p.m.

The facility where your procedure is performed may give you its own instructions when it calls you. **If the facility's instructions are different from these, follow the facility's instructions.**

BLOOD THINNERS AND OTHER MEDICATIONS

Never stop a blood thinner on your own

Blood thinners include warfarin (Coumadin), clopidogrel (Plavix), apixaban (Eliquis), rivaroxaban (Xarelto), dabigatran (Pradaxa), prasugrel (Effient), ticagrelor (Brilinta), and others.

Some procedures require these medications to be stopped for a period of time, and some do not. **We will tell you whether and when to stop.** Stopping requires approval from the doctor who prescribes the blood thinner. Having stopped for a past procedure does not mean you are cleared this time.

If you are unsure, call us before you stop or skip any dose.

- If you take a weekly or daily injection for weight loss or diabetes (for example Ozempic, Wegovy, Mounjaro, Zepbound, or Trulicity) and are having IV sedation or anesthesia, tell us when you schedule. Special instructions may apply.
- If you are diabetic, bring your glucose meter and check your blood sugar more often for several days after any steroid injection.

TELL US BEFORE YOUR PROCEDURE IF YOU

- Are pregnant or could be pregnant
- Are allergic to iodine or x-ray contrast dye, latex, local anesthetics (numbing medicine), or any medication
- Have a fever, an infection, a rash or open sore near the procedure site, or are taking antibiotics
- Have a pacemaker, defibrillator, spinal cord stimulator, or other implanted device
- Have started or changed any blood thinner
- Have had any change in your insurance since your procedure was scheduled

WHAT WE DO BEFORE YOUR PROCEDURE

- Verify your insurance benefits and obtain prior authorization when required. We will let you know if there is a problem.
- Call you before your procedure to confirm your arrival time, sedation plan, and instructions and to answer your questions.

You should: complete any lab work, x-rays, or other testing that was ordered; obtain any clearance letters your physician requested from your other doctors; and contact your insurance company if you have questions about your benefits.

THE DAY OF YOUR PROCEDURE

- Bring a photo identification card, your current insurance card(s), your eyeglasses, and a current list of your medications with doses.
- Shower the morning of your procedure to lower the risk of infection. Do not apply lotion to the procedure area.
- Wear loose, comfortable clothing and slip-on shoes.
- Leave jewelry and valuables at home. Do not wear contact lenses if you are having sedation.
- Blankets, pillows, and throws are not permitted in the procedure area because of infection risk.
- Please arrange child care. We try to keep a calm, quiet environment, so we ask that you limit the number of family members who come with you.
- Any copayment or balance due will be collected at check-in.

Questions or Concerns

Call Coastal Spine & Pain at **(251) 291-2311**, Monday through Thursday, 8:00 a.m. to 4:30 p.m.

For a medical emergency, call 911 or go to the nearest emergency room.

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