

PROCEDURE INSTRUCTIONS - SEDATION

Center for Pain Management is privileged to provide procedures/surgeries for patients at Lafayette Surgery Center. Our staff accommodates the needs of patients to schedule in a timely manner. This requires careful planning and coordination among the physician office, the surgery center, and other medical specialists who may be involved in your care such as the anesthesiologist and surgical technicians.

SCHEDULING: Your provider has ordered the following procedure: _____.

Someone from our surgery center will call you to schedule once we verify insurance coverage and obtain authorization, if required.

CANCELLATION: The cancellation of a scheduled procedure/surgery results in failure to serve other patients as well as disruption in schedules for our healthcare professionals. Please contact the surgery center as soon as possible if you cannot make your scheduled appointment date/time. A fee of \$50 may be charged to you for any same day cancellation or no-show.

CHECK-IN/ARRIVAL TIME:

- **PREPROCEDURE CALL:** You will receive a call from one of the surgery center's staff a few days prior to the procedure. They will review your instructions again, provide you with your arrival time, and answer any additional questions prior to your arrival.
- Please check-in with the receptionist in the surgery center waiting room. We try our best to stay as close as possible to the scheduled times. Occasionally, a procedure takes more time than has been allotted. Therefore, there may be an unexpected wait for your procedure to begin. We will work with you to accommodate your needs as best as possible.

ADDITIONAL INSTRUCTIONS

- **DRIVER REQUIREMENTS:** You will need a responsible adult to drive you home after your procedure. Your driver must be licensed and a minimum of 18 years of age. ****If you use a transportation service/Uber/Lyft, the driver **MAY NOT** serve as your responsible adult. You will be required to bring a responsible adult with you in addition to your transportation service/Uber/Lyft driver. If you have had sedation or anesthesia, you must have a responsible adult with you for a minimum of 12 hours post-procedure. Your driver/responsible adult **MUST** report to the surgery center check-in desk at the time you check in. A signature from your driver is required. ****You MAY NOT** drive or return to work for the rest of the day.**
- **EATING/DRINKING: DO NOT EAT OR DRINK ANYTHING FOR EIGHT (8) HOURS** before your arrival time. This includes NO gum, candy, or mints. You may take your medications with sips of WATER until 1 hour prior to your arrival. The meal consumed prior to your required 8 hour fasting should be light in nature.

MEDICATION INSTRUCTIONS:

- Take your regularly scheduled medications. Do not stop any medication unless advised by the scheduler or nursing staff.
- **DIABETICS/PRE-DIABETICS:** We will test your glucose level when you arrive. If you are above 300, your procedure will be cancelled. Also, the medications used for the procedure may increase your glucose levels. We highly recommend a morning appointment if you are diabetic. Please monitor your glucose levels after your procedure and contact your diabetes provider to manage any high readings.
- Bring a list of the medications you are currently taking. Please bring any medications you may need for your ride home (pain meds, inhalers, etc).
- **BLOOD THINNERS/NSAIDS/SUPPLEMENTS:** You may need to stop some of your medication(s) prior to your procedure. Review the attached list for reference. If you take a prescription medication on this list, please let the scheduler know who prescribes the medication so we may get approval for you to hold the medication and receive any other follow up instructions. The scheduler will discuss last dose dates for any medication that needs to be held.
- **SURGERY CASES - GPL-1/SGLT-2 MEDICATIONS:** You will need to hold any GPL-1 or SGLT-2 Medication prior to the procedure if you are receiving MAC for a surgery case (not an injection or RFA). Please let the scheduler know if you are taking one of these medications for diabetes and/or weight loss. The scheduler will let you know if these medications need to be held.

BELONGINGS:

- Please wear comfortable, loose-fitting clothes that are easy to slip on.
- Leave all valuables at home or with your responsible adult.

MEDICATION HOLD INFORMATION:

The following applies to all injections involving the spine and all procedures that involve making an incision. Exceptions include: Peripheral Nerve Blocks, Joint Injections, & Sacroiliac (SI) Injections. All holds are until 24 hours after your procedure. For Spinal Cord Stimulators Trials, also hold for the duration of the trial and 24 hours after the last procedure involving the battery or leads.

Hold 24 hours before & 24 hours after			Hold 2 days (48hrs) & 24 hours after	Hold 7 days before & 24 hours after
Advil (Ibuprofen)	Genpril (Ibuprofen)	Elmiron	Lodine (Etodalac)	Anticoagulants: Plavix (Clopidogrel) Herbs/Supplements: Garlic
Arthrotec (Diclofenac)	Ibuprofen	Zipsor (Diclofenac)	Persantine (Dipyridamole)	
Caldolor (Ibuprofen)	Motrin (Ibuprofen)	Cambria (Diclofenac)	Pletal (Cilostazol)	
Duexis (Ibuprofen)	Voltaren (Diclofenac)			
Hold 4 days before & 24 hours after			Hold 3 days (72 hrs) & 24 hours after	Hold 10 days before & 24 hours after
Fibrinolytic Agent:	Arixtra (Fondaparinux)	Lovaza	Eliquis (Apixaban)	NSAIDS: Daypro (Oxaprozin) Feldene (Piroxicam) Relafen (Nabumetone)
NSAIDS:	Indocin (Indomethacin)	Orudis (Ketoprofen)	Savaysa (Edoxaban)	
Aleve (Naproxen)	Midol (Naproxen)	Tivorbex (Indomethacin)	Xarelto (Rivaroxaban)	Anticoagulants: Effient (Prasugrel)
Anaprox (Naproxen)	Mobic (Meloxicam)	Tolectin (Tolmetin)		
Celebrex (Celecoxib)	Nalfon (Fenoprofen)	Toradol (Ketorolac)	Hold 14 days before & 24 hours after	
Clinoril (Sulindac)	Naprelan (Naproxen)	Vimovo (Naproxen)	Herbs/Supplements:	
Dolobid (Diflunisal)	Naprosyn (Naproxen)	Orudis (Ketoprofen)	Saw Palmetto	
Herbs/Supplements:	Feverfew	Omega 3 (Rx Vascepa)	Hold 5 days before & 24 hours after	
Bilberry	Fish Oil (Rx Lovaza)	Red Clover	Brilinta (Ticagrelor)	Ticlid (Ticlopidine)
Danshen	Ginger	Turmeric	Coumadin (Warfarin)	Jantoven (Warfarin)
Dong Quai	Ginkgo Biloba	Vitamin E	Pradaxa (Dabigatran)	Ticlid (Ticlopidine)
Flaxseed Oil	MegaRed	Multivitamin	Hold per Physician Order	
Hold 6 days before & 24 hours after			ReoPro (Abciximab)	Lovenox (Enoxaparin)
***Aspirin/Aspirin containing meds:			Integrilin (Eptifibatide)	Aggrastat (Tirofiban)
Aggrenox	BC Goody's	Halfprin	Heparin	Trental (Pentoxifylline)
Alka-Seltzer	Ecotrin	Pamprin	Hold 2 days before	
Bayer	Excedrin	(2° prophylaxis requires clearance)	Marijuana	
Bufferin	Fiorinal			

The following applies to ALL PROCEDURES (injections and surgeries) when the patient will receive Monitored Anesthesia Care (MAC) for ANY reason:

Hold any GLP-1 Medication for 7 days prior to Surgery			
Saxenda (Liraglutide)	Bydureon (Exenatide)	Wegovy (Semaglutide)	Zepbound (Tirzepatide)
Mounjaro (Tirzepatide)	Tanzeum (Albiglutide)	Rybelsus (Semaglutide)	Adlyxin (Lixisenatide)
Byetta (Exenatide)	Victoza (Liraglutide)	Ozempic (Semaglutide)	Trulicity (Dulaglutide)
Hold any SGLT-2 Medication for 3 days prior to Surgery			
Invokana (Canagliflozin)	Farxiga (Dapagliflozin)	Jardiance (Empagliflozin)	Steglatro (Ertugliflozin)

Please note that the above list, while extensive, is not necessarily complete with all the generic and brand names of medications that have blood thinning properties. Bring to our attention any over the counter, prescription medications and/or herbal supplements that you take that have blood thinning properties. If you have kidney dysfunction please ask your physician if an additional day hold is required.

Thank you very much for your cooperation!