



GOLDEN STATE ORTHOPEDICS & SPINE

PRE-INJECTION INSTRUCTIONS

Your physician has recommended a procedure. A **PM&R Coordinator** will contact you to schedule once your order has been Processed through your insurance. Once approved (or if authorization is not required), our coordinator will call you to schedule your procedure and review all preparation instructions. Most insurance companies require prior authorization before scheduling.

- Authorization usually takes **3–5 business days**

Take all your routine medications with the exception of the ones listed below. If you are a diabetic, please consult your primary physician regarding adjusting your insulin dose or diabetic medications until the morning of the procedure. If you use any inhalers, please bring them with you to the Surgical Center.

- Do not schedule dental work the week prior to the procedure (at least 5 days).
- Call and postpone the procedure if you develop a fever or infectious symptoms prior to the procedure
- Please make arrangements for someone to drive you back and accompany you at home after the procedure.
- If you have an allergy to any anesthetic medications, contrast dye, IVP dye, shellfish, or iodine, please notify the doctor and nurse prior to the procedure.

Please review the following INSTRUCTIONS

BLOOD THINNERS: ☐ STOP ☐ CONTINUE

1. If a blood thinner must be stopped for the procedure, please contact your prescribing physician (primary care doctor, cardiologist, neurologist, etc) and make sure it is safe to stop the medication.
2. **ONCE APPROVED**, stop the blood thinner as follows
 - a. Brilinta, Plavix or Coumadin (warfarin)- take your last dose 7 days prior to procedure
 - b. Xarelto (Rivaroxaban), Pradaxa or Eliquis - take your last dose 3 days prior to procedure
 - c. Lovenox - take your last dose 24 hours prior to procedure
3. For patients on medications for diabetes and weight loss such as Ozempic, Rybelsus, Wegovy, Trulicity, Victoza, Mounjaro, Zepbound, (GLP1 agonists) -
 - a. If dosed weekly - take your last dose 1 week prior to procedure
 - b. If dosed daily - take your last dose 1 day prior to procedure
4. For patients on diabetes medications such as Jardiance, Invokana, Farxiga, Brenzavvy, Inpefa, Synjardy, Steglatro (SGLT2 inhibitors) - take your last dose 3 days prior to the procedure.
5. All medications can be restarted 24 hours after the procedure **UNLESS** stated otherwise
6. Please continue baby aspirin **UNLESS STATED BY YOUR PHYSICIAN AND CARE TEAM**

You **MAY CONTINUE** Acetaminophen (Tylenol), Tramadol (Ultram), Gabapentin (Neurontin), Pregabalin (Lyrica), Hydrocodone (Norco, Vicodin), Oxycodone (Oxy IR, Percocet, and OxyContin), Morphine (MSIR, MScontin), Duragesic, Kadian.

ANTI-INFLAMMATORY MEDICATIONS: ibuprofen (Advil, Motrin), naproxen (Aleve), meloxicam (Mobic).

If you can manage without them, stop them 5 days before your procedure. If you need them for pain, you may keep taking them

It is our mission to accommodate all patients. 48-hour notice is required for cancellations. To avoid a \$75.00 late cancellation fee, please call the number listed below to cancel 48 hours prior to your scheduled appointment so we may accommodate other patients waiting to be scheduled. Your insurance company will not cover the late cancellation fee.

Thank you for your patience and for trusting us with your medical needs. Should you have any questions, concerns, or to cancel please contact our PM&R coordinators at the following number: 925-280-3490