



CENTER FOR PHYSICAL MEDICINE AND REHABILITATION

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You have been scheduled for a spinal procedure injection. Please read the following information thoroughly to ensure you are properly prepared for your appointment.

- Your physician may discontinue nonsteroidal anti-inflammatory medication for **5 days** prior to the procedure.

Examples of anti-inflammatory medications:

Advil, Aleve, Celebrex, Feldene, Ibuprofen, Mobic, Motrin, Naprosyn, Naproxen, Toradol, Vicoprofen, and Voltaren.

- Prescription blood thinners are often held prior to the procedure. If you currently take any blood thinners, please alert Dr. Engel or the office immediately because we may have to contact the prescribing physician to obtain authorization for you to hold these medications.

DO NOT STOP TAKING THESE MEDICATIONS UNTIL YOUR PRESCRIBING PHYSICIAN GIVES APPROVAL.

Examples of blood thinners are:

Plavix – Typically stop 7 days prior to the procedure

Coumadin – Typically stop 5 days prior to the procedure with INR the day before the injection

Eliquis – Typically stop 72 hours prior to the procedure

Xarelto – Typically stop 3 days prior to the procedure

Full strength aspirin – Typically stop taking 5 days prior to the procedure

- Eat meals as usual. Do not come on an empty stomach. Take your normal medications (excluding anti-inflammatory medications and blood thinners listed above).
- Call if you have any fever or are placed on antibiotics, have any new medication changes, or have been given a cortisone injection.
- Please plan on being at your appointment for 90 minutes from your scheduled time for planning your day. Some patients may require extended time due to their recovery/need for closer monitoring afterwards.

If you need to cancel or reschedule, please contact the office at least 3 days before your appointment. Please call 586-552-4499, ext. 112 if you have questions or concerns. Thank you for entrusting us with your care.