

**Sobel Spine and Sports**  
**4550 East Bell Road Suite #110**  
**Phoenix, AZ 85032**

**Preoperative Instructions**

- 1. DO NOT EAT 6 HOURS OR DRINK ANYTHING 4 HOURS BEFORE YOUR PROCEDURE. YOUR STOMACH MUST BE EMPTY. A SMALL AMOUNT OF CLEAR LIQUIDS ARE ALLOWED UP TO TWO HOURS BEFORE THE PROCEDURE IF IT IS TO TAKE YOUR MORNING MEDICATIONS.**

Clear liquids include water, tea, juice and coffee (No creamer). Again, this is a small amount

- 2. NO ANTI-INFLAMMATORIES FOR 3 DAYS PRIOR TO THE PROCEDURE. THIS INCLUDES IBUPROFEN, NAPROXEN (ALEVE) OR ANY OTHER OVER THE COUNTER OR PRESCRIPTION ANTI-INFLAMMATORY. IF YOU ARE UNCERTAIN OF WHETHER OR NOT YOU SHOULD TAKE THE MEDICATION, PLEASE ASK DR. SOBEL OR HIS MEDICAL ASSISTANT.**
- 3. IF YOU TAKE PRESCRIPTION PAIN MEDICATION, DO NOT TAKE IT THE DAY OF YOUR PROCEDURE IF YOU PLAN ON HAVING IV SEDATION. IF YOU ARE UNCERTAIN OF WHETHER OR NOT YOU SHOULD TAKE THE MEDICATION, ASK DR. SOBEL OR HIS MEDICAL ASSISTANT.**
- 4. If you have a cold, sore throat or other illness 24 hours prior to your procedure, please call your doctors office to inform the staff. If it is on the weekend prior to the injection, please call the answering service and leave a message for Dr. Jerry Sobel.**
- 5. If you have allergies to medications, latex, soap, or foods, please inform your doctor and the surgical center staff.**
- 6. If your doctor has prescribed a special medication to use prior to your procedure, please follow the instructions closely.**
- 7. PLEASE MAKE ARRANGEMENTS FOR TRANSPORTATION with a friend or family member to drive you home after your discharge if you are receiving IV sedation.**
- 8. Under no circumstances will you be able to drive a motor vehicle if you have received sedation or pain medication during the procedure. This also applies if your doctor gave you a medication prior to your injection, i.e. Valium, Ativan. PLEASE DO NOT have a taxi pick you up from the surgery center. Please make arrangement with family or friends.**

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**Medications**

1. **If you take medication(s) daily**, take them as usual the morning of your procedure with a small amount of water. Bring a list of medications you take, along with dosage and frequency with you to the surgery center.
2. **If you are diabetic and use insulin**, please ask your primary care doctor about pre-injection insulin dosage. Bring your insulin with you.
3. **If you take diabetic medication (pills)**, please discuss with your doctor whether he wants you to take it in the morning if your procedure is before lunch. If your procedure is in the afternoon, take your medications as you normally would in the morning.
4. **If you are receiving IV sedation for your injection and you are scheduled for a morning appointment, please do not take your pain medication prior to the procedure. If you are scheduled in the afternoon, you may take your pain medication first thing in the morning if it is necessary.**
5. **DO NOT take anti-inflammatory medications** (Advil, Aleve, Motrin, Nuprin, etc.) for three days prior to your injection. This also includes prescription anti-inflammatories such as Meloxicam, Diclofenac, etc. If you are unsure if a medication is an anti-inflammatory, ask Dr. Jerry Sobel. If you are currently taking Celebrex, you may continue to take that medication.
6. Aspirin should be stopped a week before, except a baby aspirin (81mg), which may be continued. Tylenol is safe to use.
7. DO NOT take fish oil, Vitamin E, herbal preparations or remedies three days before your injection.
8. **Medications such as Coumadin (Warfarin), Plavix, Effient, Aggrenox, Xarelto, and any other blood thinning drugs need to be safely discontinued before the injection. If you take an anticoagulant, please discuss this with the doctor who prescribes it in order to determine if you can discontinue it prior to your injection. If you can stop it, your doctor will instruct you as to how long you need to be off of it in order to safely get a spinal injection. If you are unable to stop the medication, an injection can not be performed.**
9. If your procedure is in the morning, most medications can be taken with a small sip of water upon arising. If you take diabetic medication, please discuss it with your doctor whether he wants you to take it in the morning. If your procedure is in the afternoon, take your medications as you normally would in the morning.

**Surgery Center**

1. You will be asked to sign a form giving your consent for the procedure. If the patient is under 18, a parent or legal guardian should accompany the patient and sign the consent form.
2. Bring all insurance cards and your driver's license with you to the surgery center. **You must have a photo ID in order to check in at the surgical center.**
3. You should arrive **60 minutes** before your scheduled surgery time.
4. **You MUST give 24-hour notice if you are going to cancel an injection appointment for any reason.**

## **ADVERSE STERIOD REACTIONS**

Increased Appetite

Upset Stomach

Fluid Retention

Facial Flushing

Euphoria

Restlessness

Lightheadedness

Fatigue

Anxious

Insomnia

Headache

Menstrual Irregularity

Blood Sugar Elevation in Diabetes

Increased Blood Pressure in Hypertension

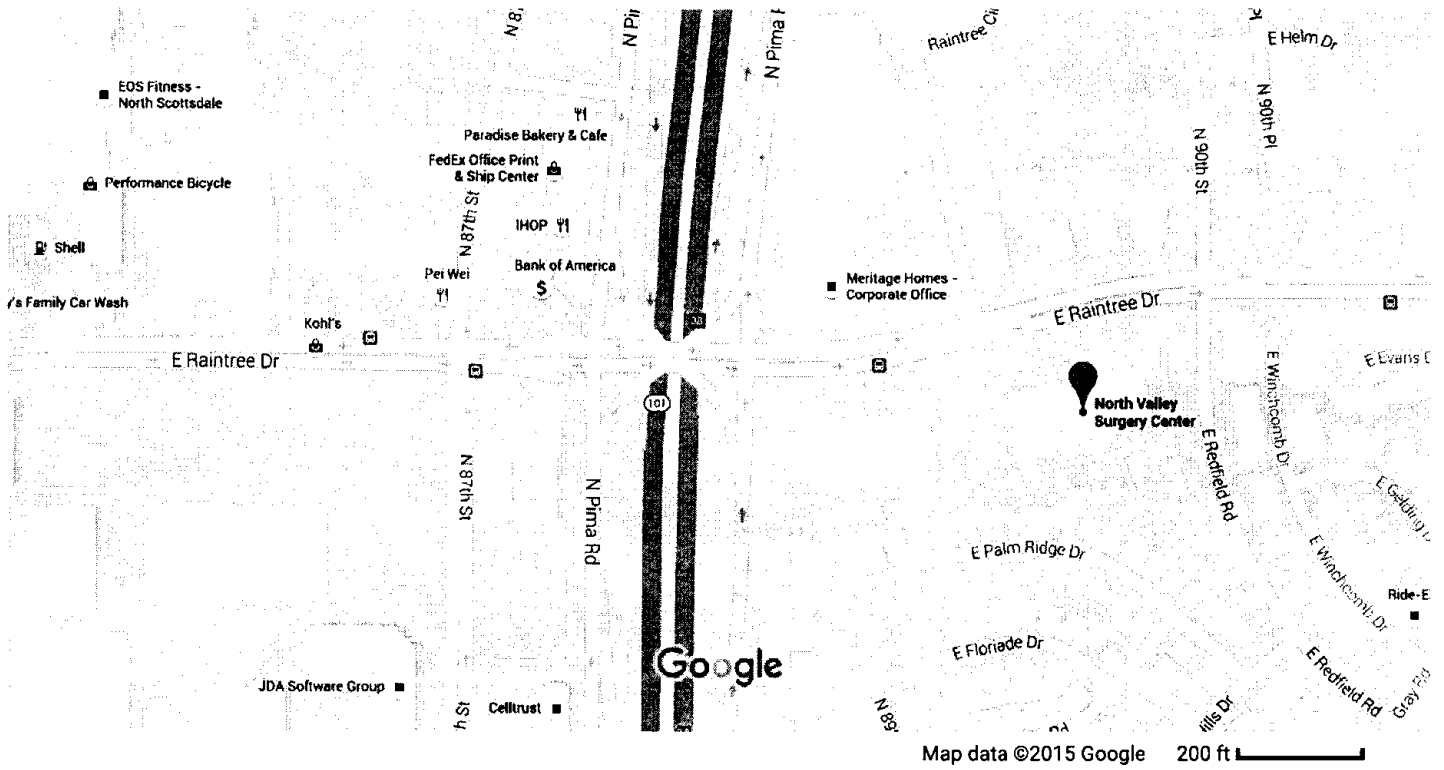
North Valley Surgery Center

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# Google Maps North Valley Surgery Center



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Hospital