

Sobel Spine and Sports
4550 East Bell Road Suite 110
Phoenix, AZ 85032
602-385-4160

Preoperative Instructions

1. **DO NOT** eat 6 hours or drink anything for 4 hours before procedure. Your stomach must be empty. A small amount of clear liquids are allowed up to two hours before your injection. Clear liquids include water, tea, coffee and juice. Again, this is only a small amount. If your procedure is in the morning please do not eat anything after midnight the night before your procedure. You may brush your teeth in the morning.
2. If you have a cold, sore throat or other illness **24 hours** prior to your procedure, please call your doctor's office and inform the staff. You can leave a message over the weekend and they will be checked Monday morning. **A fee of \$150.00 will be charged if appointments are cancelled the same day.**
3. If you have any allergies to medications, latex, tape, soap, or foods, please inform your doctor and the surgical center staff.
4. If your doctor has prescribed a special medication to use prior to your procedure, please follow the instructions closely.
5. Please make **ARRANGEMENTS FOR TRANSPORTATION** with a friend or family member to drive you home after your discharge. **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 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.**

Medications

1. **If you take medication (s) daily**, take them as usual the morning of your procedure with a small amount of water. Bring both a list of your medications along with the dosage and frequency that you take them to your procedure.
2. **If you are a diabetic and use insulin**, please ask your primary doctor about your 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, Celebrex, etc. If you are unsure if a medication is an anti-inflammatory ask Dr. Jerry Sobel.

6. Aspirin should be stopped a week before, except a baby aspirin, which may be continued. Tylenol is safe to use.
7. **DO NOT** take fish oil, Vitamin E or herbal preparations or remedies three days before the injection.
8. **Medications such as Coumadin (Warfarin), Plavix, Effient, Aggrenox, and other blood thinning drugs need to be 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 cannot be performed.**
9. If your procedure is in the morning, most medications can be taken upon arising with a sip of water. 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 center. **You must have a picture ID in order to check into the surgical center.**
3. In general, 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 or you will be charged a late cancellation fee of \$150.00.**