

Brigham and Women's/ Mass General Health Center (procedure with Dr. Kurz done on Wednesdays)

20 Patriot Place, Foxborough, MA 02035, **4st Floor Pain Management Clinic.**

Call **508-718-4375** to **schedule or cancel** your procedure appointment.

Pre-Procedure Instructions: What to do before your appointment:

You MUST arrange for a driver to drive you after the procedure (unless a specific exception has been made by your MD and documented). You may not drive home yourself!

If you are on prescribed **anticoagulation** (blood-thinning) medications and need to hold them for an **epidural steroid/nerve block or cervical spine** procedure, check with your PCP/Cardiologist **before stopping them for the required # days (as per guidelines) prior to** your procedure. For example, guidelines recommend the following:

Ticlid and Brilinta HOLD for 5 days	Plavix for 7 days
Coumadin 5 or more days as needed for INR to be 1.2 or less	
Arixtra and Pradaxa 4 days	Effient for 7 days
Xarelto and Eloquis 3 days	Lovenox for 24-hours
Heparin for 8 hours	

If you are on Coumadin, an **INR will be drawn** prior to your procedure (come 1 hr early). The lab results will need to be reviewed by our office prior to your procedure. **NOT ALL PROCEDURES** require you to stop your anticoagulation medications, so please ask your MD if it is necessary/advisable.

Routine NSAIDs, including aspirin, ibuprofen/ motrin, naprosyn, as well as Tylenol, Ultram, Celebrex, Darvocet, and other pain medications are okay to take. **ASK YOUR DOCTOR** if you are not sure what to hold or if you need to hold anticoagulation prior to procedure.

CONTINUE ALL OTHER USUAL MEDICATIONS, including meds for hypertension, diabetes, etc., except for those mentioned above.

If your fingerstick is 250 or above, or your SBP (systolic blood pressure) is 200 or above, you will not be considered clinically stable to receive a steroid injection.

If you are on antibiotics for any infection, or have an active infection, you will need to reschedule your appointment.

If you are scheduled for an injection requiring contrast dye and you have a history of contrast or dye allergy, please inform your MD. You need to be pre-medicated as

per radiology protocol with: prednisone 40 mg po 12 hrs before and the AM of your procedure and Benadryl 25-50 mg.

Morning of Appointment:

No heavy meal solid food 2 hrs before procedure. You may drink fluids.
Please try to avoid wearing metal jewelry, pants with metal belts/buckles/zippers if possible.

Where to Go: All new patients stop in Registration (Main Floor “Specialty Clinics”) ½ hr before scheduled procedure time.

www.vidscrip.com/spinalinjection (If you are interested in learning more about what to expect during the procedure).