

## **Pre-Procedure Instructions**

You are scheduled to have a procedure with Joshua Ross, MD at **6 Wellness Way, Suite G05 Latham, NY 12110**

**PLEASE READ THE FOLLOWING INSTRUCTIONS AT LEAST 5 DAYS BEFORE**

### **General Instructions**

- Transportation
  - You are required to have a driver as you cannot safely drive immediately after your procedure due to numbing medications possibly causing muscle weakness
- Diet
  - Unless specifically instructed, you may eat and drink as you normally would before your procedure
  - Avoid coming to your procedure dehydrated or on an empty stomach
- Attire
  - Dress comfortably, preferably in loose clothing without metal buttons or zippers and without a Belt, Necklace, or Earrings
  - Note that your clothes may get stained with a tinted skin cleaning solution, so please do not wear anything that you would not want stained
  - For Women: If you are having an injection in your neck, mid back, or shoulder, we will ask you to change into a gown and may ask you to adjust or remove your bra if it interferes with the site of the injection
- Positioning
  - For Neck and Back Injections, you will need to lay on your stomach. If you are unable to do so, please call the office before your appointment to inform us as we may not be able to perform the procedure
- Scheduling
  - Plan for spending 30-45 minutes for the entire visit
    - This includes time for Procedural Consent, Paperwork, Preparation, Procedure, and Post-Procedure Observation
  - Please mark the date and time in your calendar at the time of scheduling
  - You will receive an automated confirmation text message prior to your procedure
  - Please arrive 15 minutes before your scheduled procedure time
  - If you are more than 15 minutes late, your procedure may be cancelled and rescheduled at the discretion of your doctor
  - You will be observed for 5-10 minutes after the procedure
- Medical History
  - Infection
    - If you have symptoms of an infection (fever, chills, cough, congestion, runny nose, etc), are diagnosed with an infection, or are taking an antibiotic, please call to notify us as this may necessitate rescheduling your procedure for your safety
  - Bleeding Issues
    - If you have a history of bleeding issues or diagnosis of problem with Platelets and Clotting Factors, please call to notify us as this may necessitate rescheduling your procedure for your safety
  - Needle Phobia/Fainting
    - If you have a history of Needle Phobia or Fainting during medical procedures, please call the office to let us know and kindly inform staff prior to your procedure

**If you have any questions, please call the office at 518-782-3938.**

## Pre-Procedure Instructions (continued)

- Allergies
  - If you have an Allergy to Contrast Dye, Steroids, or Local Anesthetics, please call the office to let us know and kindly inform staff prior to your procedure
  - If you do not know your Allergies by memory, please bring a complete list to your appointment
- Please disclose any new medical information to staff members prior to the procedure, including:
  - Medical Conditions, Allergies, or Medications
  - Worsening, Changing, or Resolution of your Pain Symptoms
- Pregnancy
  - For women of child-bearing age
    - You will be asked to sign a waiver indicating that there is not a chance that you are pregnant as XRays and Medications can be harmful to an unborn fetus
    - If there is a chance that you are pregnant, we will require you to take a urine pregnancy test which must be negative to proceed
    - If you discover that you are pregnant prior to the procedure, please contact the office to cancel your procedure as it cannot be safely performed

## Medication Instructions

- Medications List
  - If you do not know your complete Medications List by memory, please bring a printed list of this information to your appointment
- Antibiotics
  - Please contact us if you are receiving antibiotic treatment for ANY medical condition
    - Failure to disclose this prior to your procedure may result in cancellation and rescheduling of your procedure for your safety
- Blood Thinning Medications
  - If not already disclosed, please inform Dr. Ross or staff member when scheduling your procedure if you are taking a blood thinning medication
    - Failure to do so may result in cancellation and rescheduling of your procedure for your safety
  - Depending on the procedure, some blood thinning medications must be discontinued prior to the procedure
    - **DO NOT stop any blood thinning medication unless specifically instructed by Dr. Ross**
  - Examples of Blood Thinning Medications
    - Clopidigrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), Ticlopidine (Ticlid), Cilostazol (Pletal)
    - Heparin, Enoxeparin (Lovenox), Warfarin (Coumadin), Apixiban (Eliquis), Rivaroxaban (Xarelto), Dabigatran (Pradaxa)
  - NSAIDs: Continue taking unless specifically instructed by your doctor
    - Aspirin, Ibuprofen (Advil/Motrin), Naproxen (Aleve), Meloxicam, Diclofenac, Celecoxib (Celebrex)
- Other Medications
  - Please continue taking any other prescribed medications up to and including the day of the procedure (i.e. medications for blood pressure, cholesterol, allergy, anxiety, pain, etc.)

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