SPINE & PAIN INSTITUTE OF NEW ENGLAND

TOMOYA SAKAI MD

BOARD CERTIFIED PHYSICIAN

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Pre-Procedure Instructions

1. Please bring a list of your new medications **(if different than last visit)**
2. Please arrange for someone to drive you. You may not drive yourself. **Your driver must escort you in and out of the office.**
3. Please note – ` **are no eating/drinking restrictions.** We encourage you to have a light meal prior to your appointment.
4. Please take all your regular medicines, **EXCEPT DO NOT TAKE:**

    a. Heparin (fragmin, lovenox, -parins) 24 hours before procedure
    b. Coumadin (warfarin) 5 days before and check PT/INR labs within 24 hours before procedure (we must have results at your visit)
    c. Plavix (clopidogrel) for 7 days before procedure
    d. Prasugrel (efient) for 7 days before procedure
    e. Xarelto (rivaroxaban) for 2 days before procedure
    f. Pradaxa (dabigatran) for 5 days before procedure
    g. Ticlid (ticlopidine) for 10 days before procedure
    h. Pletal (cilostazol) for 7 days before procedure
    i. Enbrel or Remicade for 7 days before procedure

5. If you suspect you may be pregnant, the procedure may not be performed
6. If you have **RECENT INFECTION** (i.e., fever/chills, cough, burning with urination, etc.) or are still on antibiotics, the procedure may not be performed
7. If recent chemotherapy, including methotrexate or immunosuppression, a complete blood count (CBC) lab may be required prior to procedure
8. If significant liver/cirrhosis or kidney disease (dialysis), labs such as CBC, PT, PTT, INR may be required prior to procedure
9. If you have a new rash or psoriasis over the area of the procedure, procedure may not be performed
10. Please bring list of allergies--including allergies to IV contrast dye, latex, antibiotics, steroid (cortisone), or local anesthetics (novacaine, lidocaine).

Special Instructions:_____
_____
_____

We appreciate your timely arrival. If you arrive late for your appointment, you may be asked to reschedule.

If you have any questions about your appointment or need to change or cancel, please call us at least 48 hours prior to your scheduled appointment.