

Procedure Instructions



Dr. Peter Yeh

Aim to arrive 30 minutes prior to your scheduled procedure time.

Date: _____ Time: _____

Blue building = location

Dot with P = complimentary underground garage parking. After parking, take the elevators to the first floor.

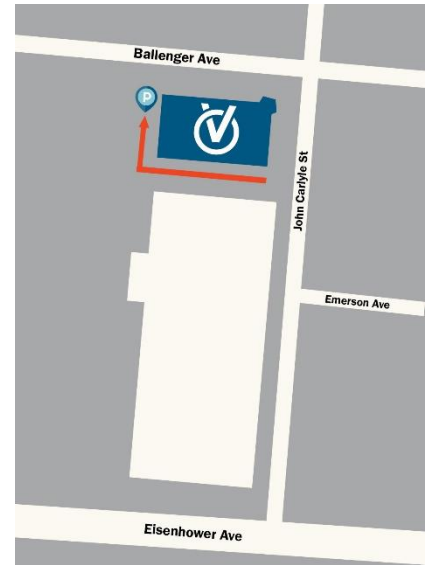
PRIOR TO PROCEDURE DAY

- **Blood thinning medications:** Notify your doctor if you are taking any blood-thinning medications such as: Aspirin, Lovenox, Plavix (Clopidogrel), Eliquis, Coumadin (Warfarin), Excedrin Migraine, Heparin, BC Powder. **This is very important if you are having injections in the neck. Blood thinning medications will need to be held at least 5 days prior to the injection for certain procedures.**
- If you are getting a cervical injection, hold any anti-inflammatories (NSAIDs) for 5 days prior to the procedure day. This includes Aleve, Advil, ibuprofen, Motrin, diclofenac, meloxicam, Celebrex, and naproxen etc.
- **Allergies:** Notify your nurse or doctor immediately if you have any allergies to steroids, betadine/chloraprep, anesthetic (such as lidocaine), IV contrast, iodine or shellfish.
 - Your physician may prescribe pre-procedure medications for you to take in some cases.
- **Pregnancy:** If pregnant, you need prior approval from your OB/GYN before getting any procedures.
- **Vaccination:** For maximal efficacy, vaccinations should be scheduled at least 2 weeks after an epidural steroid injection, or at least 1 week prior to an epidural steroid injection. Call if you have any questions.
- **Pacemaker:** Contact us if you have a pacemaker and are scheduled for a radiofrequency ablation.

DAY OF THE PROCEDURE

- **Clothing:** Wear loose and comfortable clothing.
- **Medications:** On procedure day, continue all your routine medications such as blood pressure, heart, breathing, seizure, thyroid and/or migraine headache medications.
- **Meals:** If you are **diabetic**, limit eating foods that can increase your glucose levels the day prior to the procedure, and the day of the procedure. Unless otherwise stated, **eat breakfast and stay hydrated.**
- **Arrival:** Please plan to arrive **30 minutes prior** to your scheduled procedure.
- **Transportation:** If you are taking any sedating medications (such as valium) for your procedure, you need a ride.
- **Illness, Infection, Antibiotic Therapy:** If you have a fever (greater than or equal to 100.40 F), catch a cold, develop bladder, sinus, or other infections, or start antibiotic therapy for any reason, call us. Typically, spinal injections are postponed until these important medical issues are resolved.
- **Diabetic Patients:** Blood glucometer readings greater than 250 the day of the procedure will result in your procedure being rescheduled (**for procedures with steroids**).
- We recommend that you have a family member or friend stay with you on this day at home. This is especially important for older patients whose ability to provide self-care or mobility is impaired.

If you have any questions, please call 703-214-4628 or message your provider through MyChart.



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

1920 BALLENGER AVE, SUITE 107
ALEXANDRIA, VA 22314
P 703.214.4628 | P 703.810.5209
ORTHOVIRGINIA.COM