

Procedural Packet

Location:

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| <input type="checkbox"/> Valencia Mesa
100 E. Valencia Mesa Dr.
Suite 310
Fullerton, CA 92835 | <input type="checkbox"/> Fullerton Surgical Center
2240 N. Harbor Blvd.
Suite 100,
Fullerton, CA 92835 | <input type="checkbox"/> Plaza
2141 N. Harbor Blvd.
Suite 4100
Fullerton, CA 92835 |
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Pre-procedural scheduling instructions:

- You must have a driver bring you to the procedure. Uber/Lyft is not acceptable. The driver must be present when you check-in.
- You cannot be ill or taking antibiotics/antivirals.
- If you are taking any blood thinners or anti-inflammatories, please discuss with staff so they can advise you as to when to hold the medication. (See Last Page)
- If you are taking any herbal supplements, please discuss with the staff so they can advise you as to when to hold the supplement.
- If applicable, bring your glucose monitor. Levels need to be below 200 prior to procedure.
- **No vaccines (Flu, Covid, Shingles, ect..) 2 weeks before or 2 weeks after your procedure, please notify staff.**

Pre-procedural arrival instructions:

- Most procedures will require you to lay flat on your stomach.
 - If the procedure is at Valencia Mesa, only a light meal is recommended.
 - If the procedure is Fullerton Surgical Center or Plaza, nothing by mouth starting midnight the night prior to the procedure.
- Wear loose fitting clothes and shoes, as you will be changing into a gown.
- Leave your valuables at home and do not wear any jewelry. We do not have a secure location for you to lock up belongings.
- Please check-in 20 minutes prior to your scheduled appointment time if you'll be receiving the procedure at Valencia Mesa. For Fullerton Surgical Center please check-in 1.5 hours prior to your scheduled appointment time and Plaza, please check-in 2 hours prior to your scheduled appointment time. We have a short grace period and may cancel your procedure.

Pre-procedural clinical instructions:

- Please update staff of any medications and/or allergies.
- Take your blood pressure medications, heart medications, and/or anti-anxiety medications as prescribed. If you have an implantable device, such as a pacemaker or defibrillator, please notify your physician.

- If you become ill or have an infection, start taking your antibiotics or antivirals and notify the office immediately. Procedure will need to be rescheduled to a later date when you're healthy.
- If you become pregnant or think you may be pregnant, please inform the office. Your procedure may need to be rescheduled for your safety and the safety of your child.

Post-procedural instructions:

- If you are an established patient, please ensure you have a follow-up appointment scheduled.
- If you were referred for a procedure only, please follow-up with your referring provider.
- After your procedure, please do not drive, operate machinery, make any major decisions or consume alcohol until 24 hours later.
- Do not enter any pools, hot tubs, lakes, streams or oceans for 24 hours.
- Please rest for 24 hours post procedure. You may resume normal activities, as tolerated, after 24 hours.

***Do NOT take Garlic, Gingko Biloba, Ginseng, Turmeric, Krill oil or Fish oil for a full 7 days prior to your procedure. ***

For Procedures at FSC/Plaza that require Conscious Sedation-

Please **READ/FOLLOW** the medication instructions below; Please review your medications; GLP-1 medications should be withheld before the procedure involving anesthesia. Your medication may not be on the list as there are many medications within the class. If you are taking medications daily or weekly for diabetes or weight loss, please inform our office and surgery center.

For WEEKLY doses: Do NOT take dose within 7 days from procedure.

For DAILY doses: Do NOT take dose day before procedure and the day of the procedure.

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| • Dulaglutide (Trulicity) | *Exenatide (Byetta) |
| • Exenatide (Extended Release (Bydureon)) | *Liraglutide (Victoza) |
| • Lixisenatide (Adylin) | *Semaglutide injection (Ozempic) |
| • Semaglutide Tablets (Rybelsus) | *Mounjaro (Tirzepatide) |
| • Wegovy (Semaglutide) | *Saxenda (Liraglutide) |
| • Tanzeum (Albiglutide) | *Dulglutide |

INR Pre-Procedure Level

If you are taking coumadin, warfarin or another blood thinner that requires INR checks at the coumadin clinic. You must have your INR levels checked at the coumadin clinic within about an hour of the pain management procedure, or your procedure will need to be rescheduled.

If you are an established patient of the coumadin clinic, please call (714) 446-5050 today to schedule your INR check prior to your procedure.

If you are not an established patient at the 2nd floor coumadin clinic a referral will be processed, and you will be called to schedule a coumadin check.

Providence St. Jude Coumadin Clinic

Clinic Hours 8am-1130 am – 115pm-4pm

100 E Valencia Mesa Dr. Fullerton CA 92835

2nd Floor Suite 206

714-446- 5050

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If you have any questions, please reach out to our office at 714-446-5200.

Medications	High Risk Procedures	Intermediate Risk Procedures	Low Risk Procedures	When to Restart
	<ul style="list-style-type: none"> • Cervical ESI • Thoracic ESI • Cervical RFA • SCS Trial/Implant • Lumbar Epidural above L4-5 • Cervical/Thoracic, Lumbar TF above L3 • Stellate Ganglion Block • Celiac Plexus Block • ITP Implant • IT Trial • Caudal 	<ul style="list-style-type: none"> • Cervical MBBs • Cervical Facet • Thoracic RFA • Lumbar RFA • LESI L5-S1 • Lumbar TFESI L4-S1 • Hypogastric Plexus Block • Lumbar Sympathetic Block • Intrathecal, IPG Replacement • Lumbar Facet • Genicular Nerve RFA 	<ul style="list-style-type: none"> • Hip/Shoulder/Knee • SI Joint • TPIs • Peripheral Nerve Blocks • Lumbar MBB • Thoracic MBB • Ganglion Impar • Genicular Block • Piriformis Injection 	
Direct Oral Anticoagulants				
Dabigatran/Pradaxa	5 days	5 days	2 days	24hrs
Rivaroxaban/Xarelto	3 days	3 days	1 day	24hrs
Apixaban/Eliquis	3 days	3 days	2 days	24hrs
Edoxaban/Savaysa	3 days	3 days	1 day	24hrs
Antiplatelet Drugs				
Aspirin (325mg)	7 days	4 days	Continue	12hrs
Clopidogrel/Plavix	7 days	7 days	Continue	24hrs
Prasugrel/Effient	10 days	10 days	Continue	24hrs
Ticagrelor/Brilinta	10 days	7 days	Continue	24hrs
Aggrenox (ASA + Dipyridamole)	10 days	7 days	4 days	24hrs
Dipyridamole	2 days	2 days	Continue	12hrs
Anticoagulants				
Coumadin/Warfarin	5 days, INR < 1.3	5 days, INR < 1.3	Continue, INR 2-3	24hrs
Acenocoumarol/Sintrom	3 days, INR <1.3	3 days, INR <1.3	Continue, INR 2-3	24hrs
IV Heparin	4 hours	4 hours	4 hours	24hrs
SQ Heparin, BID & TID	8 hours	8 hours	10 hours	24hrs
LMWH Prophylactic Lovenox/Enoxaparin	24 hours	24 hours	24 hours	24hrs
LMWH Therapeutic Lovenox/Enoxaparin	24 hours	24 hours	24 hours	4hrs low 24hrs
Fondaparinux/Arixtra	4 days	4 days	Continue	12hrs
NSAIDs				
Diclofenac/Voltaren	7 days	7 days	Continue	24hrs
Ketorolac/Toradol	7 days	7 days	Continue	24hrs
Ibuprofen/Motrin/Advil	7 days	7 days	Continue	24hrs
Etodolac/Lodine	7 days	7 days	Continue	24hrs
Indomethacin/Indocin	7 days	7 days	Continue	24hrs
Naproxen/Aleve	7 days	7 days	Continue	24hrs
Meloxicam/Mobic	7 days	7 days	Continue	24hrs
Celecoxib/Celebrex	7 days	7 days	Continue	24hrs
Nabumetone/Relafen	7 days	7 days	Continue	24hrs
Oxaprozin/Daypro	7 days	7 days	Continue	24hrs
Piroxicam/Feldene	7 days	7 days	Continue	24hrs
PDE/GIIB/IIIA Inhibitors				
Cilostazol/Pletal	2 days	Continue	Continue	12hrs
Abciximab/Reopro	5 days	5 days	Continue	12hrs
Eptifibatide/Integrilin	24 hours	24 hours	Continue	12hrs
Tirofiban/Aggrastat	24 hours	24 hours	Continue	12hrs

*Based on 2019 ASRA Coag Guidelines

*****Do NOT take Garlic, Ginkgo Biloba, Ginseng, Turmeric, Krill oil or Fish oil for a full 7 days prior to procedure.*****

Updated 5/9/24