**Blood Thinner List**

**Medication and number of days to stop prior to injection**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Days to Stop Prior to Injection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aggreonox (Dipyridamole)</td>
<td>7 days</td>
</tr>
<tr>
<td>Aggrastat (Tirofiban)</td>
<td>7 days</td>
</tr>
<tr>
<td>Agrylin (Anagrelide Hydrochloride)</td>
<td>7 days</td>
</tr>
<tr>
<td>Arixtra (Fondaparinux)</td>
<td>24 hours before/after</td>
</tr>
<tr>
<td>Coumadin (Warfarin)</td>
<td>5 days with coag studies prior</td>
</tr>
<tr>
<td>Flolan (Epoprostenol Sodium)</td>
<td>7 days</td>
</tr>
<tr>
<td>Fragmin (Dalteparin)</td>
<td>24 hours before/after</td>
</tr>
<tr>
<td>Heparin</td>
<td>4 hours before / 1 hour after</td>
</tr>
<tr>
<td>Integrelin (Eptifibatide)</td>
<td>7 days</td>
</tr>
<tr>
<td>Lovenox (Enoxaprin)</td>
<td>24 hours before /12 after</td>
</tr>
<tr>
<td>Normiflo (Ardeparin)</td>
<td>7 days</td>
</tr>
<tr>
<td>Orgaran (Danaparoid)</td>
<td>7 days</td>
</tr>
<tr>
<td>Persantine (Dipyridamole)</td>
<td>7 days</td>
</tr>
<tr>
<td>Plavix (Clopidrogel)</td>
<td>7 days</td>
</tr>
<tr>
<td>Pletal (Cilostazol)</td>
<td>7 days</td>
</tr>
<tr>
<td>Reopro (Abciximab)</td>
<td>7 days</td>
</tr>
<tr>
<td>Ticlid (Ticlopidine)</td>
<td>14 days</td>
</tr>
<tr>
<td>All herbals (including Green Tea)</td>
<td>7 days</td>
</tr>
<tr>
<td>Green Tea</td>
<td>7 days</td>
</tr>
<tr>
<td>Hi Dose Vitamin E</td>
<td>7 days</td>
</tr>
</tbody>
</table>

Aspirin and NSAIDs are OK to take up to day of procedure.
**Pre-Procedure Instructions**

**PLEASE CONTINUE TO TAKE ALL REGULAR SCHEDULED MEDICATIONS (INCLUDING HIGH BLOOD PRESSURE, DIABETES, THYROID) EXCEPT FOR BLOOD THINNER MEDICATIONS ON THE BLOOD THINNER LIST.**

Please, have **NOTHING TO EAT** 6 HOURS BEFORE YOUR SCHEDULED APPOINTMENT TIME. Clear liquids are allowed up to 3 hours before your appointment. (i.e. apple juice, water, coffee/tea without milk/cream).

- See attached blood thinner list for medications that need to be stopped prior to procedure.
- You must notify the physician prescribing the blood thinner before stopping them. We must have documentation from the prescribing physician allowing you to stop the blood thinner.
- You may continue Flector Patch, Lidroderm Patch, Celebrex, Tylenol and “opiate” pain medications without interruption.

It is the policy of PARADISE VALLEY PAIN SPECIALISTS that patients DO NOT operate motor vehicles immediately following a procedure. Please arrange for a driver. You cannot be discharged to a taxi service or take public transportation, such as a bus.

**Post-Procedure Instructions**

**ACTIVITY:**
May resume activities, as tolerated, after your procedure.

Do not drive or operate heavy equipment for the remainder of the day.

No smoking for 24 hours without the presence of another adult, if you were given sedation.

No alcoholic beverages for 24 hours following your procedure.

Always have assistance when walking up stairs; you may have numbness or weakness in the extremity related to the procedure, which could cause it to give out.

**DIET:**
Advance from clear liquids to your regular diet as tolerated.

**WOUND:**
Band-aids may be removed after 24 hours and do not need to be replaced.

Larger dressings should be kept clean and dry and changed as instructed by your physician.

**BATHING:**
Showers or baths may be taken the day after your procedure, unless otherwise instructed, changing the dressing when completed.

**MEDICATIONS:**
Continue your usual medications remembering the above restrictions if another injection planned.

**NOTIFY PARADISE VALLEY PAIN SPECIALISTS FOR:**

**INFECTION:** Signs include: fever, excessive redness or discharge at the wound site.

**NEUROLOGIC CHANGE:** Numbness lasting over 12 hours that is different from your pre-procedure condition, the inability to move an arm or leg or new weakness that is over 24 hours old or severe back pain.

**DIFFICULTY BREATHING:** Continuous shortness of breath, cough, and/or painful breathing.

**ADVERSE MEDICATION REACTION:**
For rash, welts or excessive itching notify the physician on call. Steroids given in the injections can occasionally cause temporary side effects that may include a light rash, redness or flushing in the face, possible weight gain. These should resolve themselves within one to two weeks. It can also cause impaired glucose levels in diabetic patients which need to be monitored. If you have a history of peptic ulcers notify or reflux, steroids could possibly worsen the condition for one to two weeks.

**URINARY RETENTION:**
If unable to urinate for 6-8 hours following the procedure, please notify the office.

**NAUSEA OR VOMITING:**
If persistent and unable to tolerate clear liquids for over 6-8 hours, notify the office.

**PAIN:**
Soreness at the injection site expected. This may also lead to localized muscle spasm and pain referred to other areas away from the injection site. Sometimes the original pain may return or occasionally get worse after a treatment. Notify the office only if your pain medication, anti-inflammatories, ice and/or heat are ineffective.

**MEDICATION POLICY:**
If appropriate, controlled medications (narcotics, relaxants, and sedatives) may be prescribed prior to discharge from your procedure. Prescribing controlled medications over the phone is avoided. If additional medications are requested, an office visit for evaluation will be scheduled or you may need to go to the emergency room.

_I have read and understand the above instructions and received the list of bloodthinners._
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No alcoholic beverages for 24 hours following your procedure.
Always have assistance when walking up stairs, you may have numbness or weakness in the extremity related to the procedure, which could cause it to give out.

Diet: Advance from clear liquids to your regular diet as tolerated.

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Patient name: ____________________________
Patient (or guardian) Signature: ____________________________ Date: ____________________________

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