

This information sheet will assist you with managing your medications prior to your procedure. Please discuss with your pain specialist the medication you are taking, including vitamins, herbal supplements and over-the-counter medications.

Your doctor will inform you if you need to stop any medications and when to restart them. Please note that any specific instructions given to you by your pain specialist are to be followed, the below information is just a guide.

### Category A Pain Procedures

- Peripheral Nerve Blocks
- Peripheral Joint, Musculoskeletal and Sacroiliac Joint Injections

### Medication Instructions

All usual prescribed medications should be taken with a sip of water **approx. 1 hour prior** to your procedure, with some exceptions:

Please read carefully the below information:

#### 1. Anticoagulants:

Please discuss with your pain specialist prior to pausing these medications.

| Medication            | Instructions  |
|-----------------------|---|
| Heparin               | Stop as advised by your specialist                        |
| Enoxaparin (Clexane)  | Typically stop for <b>24 hours</b> before your procedure* |
| Dabigatran (Pradaxa)  | Typically stop <b>2-5 days</b> before your procedure*     |
| Apixaban (Eliquis)    | Typically stop <b>2-5 days</b> before your procedure*     |
| Rivaroxaban (Xarelto) | Typically stop <b>2-5 days</b> before your procedure*     |

\*Stop as advised by your specialist

#### 2. Diabetic medications:

Diabetic patients who administer insulin or oral medications are advised **not to take their normal morning dose**, but please *bring this medication/insulin with you to hospital*. You will usually be placed first on the morning list and can administer this with food immediately following your procedure.

| Medication               | Instructions                       |
|--------------------------|------------------------------------|
| Insulin                  | Withhold usual dose whilst fasting |
| Oral Diabetic Medication | Without usual dose whilst fasting  |

#### 3. Pain medications (including steroid-based, opioids, anti-depressants):

Take all pain medications as per usual with a sip of water prior to your procedure.

Should you have any additional questions or concerns, please contact the rooms and speak with our practice nurses (02) 9439 6456.