

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 B Pain Procedures

- Interlaminar and transforaminal epidural steroid injections
- Facet joint medial branch blocks and radiofrequency denervation
- Sacroiliac joint lateral branch blocks and radiofrequency denervation
- Paravertebral and sympathetic blocks
- Intradiscal procedures
- Peripheral nerve stimulator trial and implant
- Pocket revision and implanted pulse generator replacement

### 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, Aspirin, Anti-inflammatories (NSAIDs), Anti-Platelet Medications

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

Medication	Instructions
Aspirin (Astrix, Cartia)	Typically stop for 7 days before procedure*
Aspirin/Dipyridamole (Asasantin)	Typically stop for 7 days before procedure*
Dipyridamole (Persantin)	Typically stop for 7 days before procedure*
Clopidogrel (Plavix)	Typically stop for 7 days before procedure*
Warfarin (Coumadin, Marevan)	Typically stop for 5 days before your
Heparin	Stop as advised by your specialist
Enoxaparin (Clexane)	Typically stop for 24 hours before your
Dabigatran (Pradaxa)	Typically stop 2-5 days before your
Apixaban (Eliquis)	Typically stop 2-5 days before your
Rivaroxaban (Xarelto)	Typically stop 2-5 days before your

\*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.

**4. Vitamin and Herbal Supplements:**

<b>Supplement</b>	<b>Instructions</b>
Fish, Krill Oil	Stop for <b>10 days</b> before your procedure*
Herbal Supplements: <i>Garlic, Ginkgo, Ginseng, Dong Quai, Danshen</i>	Stop for <b>7 days</b> before your procedure*

\*Inform your pain specialist & stop as advised

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