



Dr. Gnirke's Patient Preparation Instructions

Intra-Spinal Injections, Epidurals, Facet Injections, Discograms, and Radiofrequency Neurotomies

TREAT THIS AS A SURGICAL PROCEDURE

Read these instructions thoroughly as soon as you receive them.

1. Provide a list of medications to the physician/physician assistant, including aspirin, and non-steroidal anti-inflammatories.
 - A. Aspirin must be stopped 3 days prior to procedure.
 - B. Non-Steroidal anti-inflammatories must be stopped 3 days prior to procedure. (Aleve, Ibuprofen, Advil, Motrin, Lodine, Mobic, Relafen and/or Celebrex)
 - C. If you are on blood thinners (coumadin or heparin) or platelet medications (Pradaxa, Eliquis or Plavix) please let our office know as soon as possible at 970-668-3633 or 970-688-7824. We will work with your doctor to obtain clearance for these medications, as they must be stopped before the procedure. Please be aware that if you are taking one of these medications, that the proper blood test for clotting will be done either the day prior to or on the day of the procedure.
 - D. Pain Medicines approved prior to procedure: Tylenol, Vicodin, Percocet, Ultram, Ultracet and Oxycontin.
 - E. Please take regularly scheduled medications for health problems such as blood pressure, etc.
 - F. If you have ever had a history of MRSA – please contact our office immediately at 970-668-3633 or 970-569-3240.
 - G. If you use a CPAP machine or are on oxygen please call our office or let the physician know.
 - H. If you are allergic to latex please contact our office or let your physician know.
2. Females must advise us of the possibility of being pregnant. A urine pregnancy test can be performed the day of the procedure if you are uncertain.
3. Advise your provider if you are allergic to medications or if you have had an allergic reaction to local anesthetic, Chlorhexidine, or x-ray contrast.
4. Advise us of any infection, if you are on antibiotics, or if you have been acutely sick.
5. Make sure your physician has relevant films (MRI's & X-rays).
6. Arrange for an adult to drive you home following the injection. No Ubers, buses, taxis, etc. will be permitted.
7. DO NOT eat 8 hours prior to the procedure. You may have ONLY (1/2 cup) water up to 3 hours prior to procedure. NOTHING FROM 3 HOURS PRIOR TO PROCEDURE UNTIL PROCEDURE. NO GUM OR MINTS.

Date: _____

You check-in time will be confirmed the day before the procedure. (Please be on time. Unfortunately if you are late, your procedure may be cancelled. Thank you.)

GETTING AN INJECTION? Here's What You Need to Know.

PLEASE REVIEW THIS LIST CAREFULLY. If you have any of the following, contact Dr. Gnirke's practice manager at 970-688-7824.

- History of MRSA or other Staph infection
- Use oxygen at night
- Sleep apnea
- Diabetes
- Allergy to Iodine/Shellfish
- Allergy to Latex
- Any other major health issues (past and present) that were not disclosed in your health history.
- Use aspirin or any other blood thinning agents
- Recent or current infections

AFTER YOUR OFFICE VISIT:

1. Our practice manager and authorization team will work on getting the injection authorized based on the date and location discussed at your appointment. Please contact the practice manager to establish/change the date if needed.
 - Injections are only available at the surgery centers in two locations Edwards and Frisco.
 - Frisco Fridays between 8:00am-5:00 pm.
 - Edwards Wednesdays between 1:00pm-5:00 pm.
2. The day before the injection, the practice manager will call you with your check-information.
 - Due to the unpredictable nature of patient, physician and operating room schedules, you will not be given a specific time initially.
 - Check in time is always one hour prior to the injection time.
3. Please continue to take any prescribed medications for high blood pressure, thyroid, diabetes, etc.
 - Please see the attached sheet of Pre-injection instructions for the list of medications you may NOT take prior to the injection.
4. You will need to arrange a ride home from the injection. This must be someone over the age of 18 personally known to you (i.e. no Ubers, taxis, buses, etc.).
 - The only exception to this rule is if you are having the injection at the Peak One Surgery Center and are NOT getting IV sedation.
5. AFTER YOUR PROCEDURE: You will want to take it easy for the first couple of days. Over the next three days, you can gradually work up to what you would normally do. You should not submerge the injection area in water for at least 48 hours after the injection. The team will contact you approximately 1 week following your injection to monitor its effectiveness. Please contact our office sooner if you experience any adverse or concerning signs/symptoms following the injection including redness, oozing from the injection site, fevers, chills, or severely worsening pain.

If you have any further questions, please contact the scheduling team at (970) 688-7824.