

PATIENT INSTRUCTIONS: BEFORE YOUR EPIDURAL STEROID INJECTION

Procedure Preparation

- You **MUST** bring a driver
- Do **NOT** eat 4 hours prior, clear liquids only. **Clear liquids include: water, tea, coffee (no cream), jello (no fruit)**
- Diabetics, please be sure to discuss taking your diabetic medication with our nurse prior to your appointment.

If you answer yes to any of the following questions, please call 252-752-5000 prior to your appointment and ask to speak with a nurse.

1. Do you have an active **infection** or **fever**?
2. Are you currently on **antibiotics** or within 7 days from completing antibiotic course?
3. Are you **allergic to x-ray/contrast dye**?
4. Have you had a **flu, pneumonia** or **shingles** vaccine in the last 14 days?
5. Are you currently taking **prednisone** (or any other steroids)?
6. Have you had a **steroid injection** within the last 14 days? (injection patients only)
7. Are you taking any **blood thinners/anticoagulants**?
 1. Coumadin (Warfarin)
 2. Plavix (Clopidogrel)
 3. Eliquis (Apixaban)
 4. Xarelto (Rivaroxaban)
 5. Lovenox (Enoxaparin)
 6. Heparin
 7. Pradaxa (Dabigatran)
 8. Atrixa (Fondaparinux)
 9. Aggrenox
 10. Effient (Prasugrel)
 11. Brillinta (Ticagrelor)
 12. Aggrenox (Dipyridamole/Aspirin)
 13. Pletal (Cilostazol)

Appointment Date: _____ **Arrival Time:** _____ .

Your procedure is scheduled for _____. Go to Eastern Radiologists #10 Doctors Park.

You will be contacted by one of our nurses approximately 1 week prior to your appointment. If you do not hear from our office by 1pm the day prior to your procedure, please call 252-752-5000