

Fredericksburg Orthopaedic Associates, PC

3310 Fall Hill Avenue

Fredericksburg, VA 22401
Phone: (540) 373-4602 Fax: (540) 310-0100

VISA, a Division of FOA



VIRGINIA INTERVENTIONAL
SPINE ASSOCIATES

4710 SPOTSYLVANIA PARKWAY, SUITE 201
FREDERICKSBURG, VA 22407
Phone: (540) 374-3233
Fax: (540) 374-3234

Education

Pre-Procedure Instructions

Please Read Carefully, this is for your SAFETY

****PLEASE REVIEW THE INFORMATION NEXT TO ANY OF THE MEDICATIONS YOU ARE TAKING****

- 1) **Aspirin (Anacin, Excedrin, Fiorinal, Goody's Powder and other Aspirin containing products):** You must stop these medications **7 days** prior to your procedure.
- 2) **Vitamin E, Garlic, Fish Oil, Lovaza:** You must stop these medications **7 days** prior to your procedure.
- 3) **NSAID's (Motrin/Ibuprofen, Advil, Aleve, Etodolac, Mobic/Meloxicam, Indocin, Voltaren, Diclofenac, Lodine, Relafen, Nabumetone, etc):** You must stop these medications **3 days** prior to your procedure.
- 4) **Lovenox:** This medication must be stopped a **full 24 hours** prior to your procedure time.
- 5) **Pentosan/Elmiron:** You must stop these medications **5 days** prior to your procedure.

IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICATIONS, PLEASE CONTACT OUR OFFICE AS YOU MAY/WILL NEED SPECIALIZED INSTRUCTIONS IN ORDER TO SAFELY STOP THESE MEDICATIONS

Coumadin	Warfarin	Trental	Xarelto	Pradaxa	Plavix	Clopidogrel
Aggrenox	Ticlid	Ticlopidine	Persantine	Effient	Prasugrel	Arixtra
Dipyridamole	Brilinta	Eliquis	Apixaban	Heparin		

IF YOU ARE TAKING ANY OTHER BLOOD-THINNING MEDICATIONS THAT ARE NOT LISTED ABOVE OR IF YOU ARE UNSURE OF WHAT YOU ARE TAKING, PLEASE CONTACT OUR OFFICE FOR FURTHER INSTRUCTIONS

6) Do **NOT** stop your blood pressure medications unless they contain aspirin or blood thinning properties. Again, if you are unsure about a medication or if it should be stopped prior to your procedure, contact our office.

****Illness****

If you are on or have been on **antibiotics** for any reason, had any **illness/fever/chills/etc**, or have had **dental work/medical procedures** within the past **3 weeks**, please contact our office to discuss this as your appointment may need to be rescheduled.

****Intake by mouth****

You may have solid food **four** hours prior to your procedure and clear liquids up to **two** hours prior to your procedure. Examples of clear liquids are black coffee, soda, apple juice, water and tea (no milk, cream or orange juice).

****Driver****

You may need to have a driver for your procedure, please contact our office to determine if your procedure requires it.

If you would like to have access to our FollowMyHealth patient portal where you can send messages directly to your provider, the nursing staff, the reception staff to make or cancel appointments or to our insurance representative, please complete a portal request form at the front desk in our office or send us a message through the "contact us" form on our website at www.visarelievespain.com. We will need your name, date of birth and email where you would like the portal invitation sent.