

Pre-Op Instructions

Scheduled Appointment: _____
Date: _____ Time: _____

Type of sedation: Local/Valium/IV Sedation/MAC

- **Local:** No diet or transportation restrictions.
- **Valium:** No diet restrictions. You will need a friend or family member to be with you to drive you home. No uber or taxi will be allowed.
- **IV Sedation:** No food or liquids, only small sips of water 6 hours prior to procedure. You will need a friend or family member to be with you to drive you home. No uber or taxi will be allowed.
- **MAC:** No food or liquids, only small sips of water 8 hours prior to procedure. You will need a friend or family member to be with you to drive you home. No uber or taxi will be allowed.

Procedure:

- Please leave any jewelry and valuable items at home. They will not be needed and we are not responsible for lost or stolen items.
- Wear loose fitting and comfortable clothing.
- Avoid wearing any body lotion or make-up.

Medications:

- You may be instructed to hold anticoagulant medication (blood thinners) including but limited to ASPIRIN, COUMADIN, PLAVIX, LOVENOX, ELIQUIS, XARELTO, PRADAXA, EFFIENT prior to procedure. If you are taking a blood thinner please discuss with our scheduler.
- Continue other prescribed medications
 - ✓ **IV/MAC Sedation:** Take scheduled medication with small sips of water (example: blood pressure medication)
- See below for information regarding holding anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Mobic, Acetaminophen, Tylenol

Hibiclens (If Applicable)

- Purchase Hibiclens liquid soap, you can find it at Wal-mart, Target, Walgreens, CVS, other pharmacies for less than \$10
- The morning of your procedure, rinse your back with water, then use Hibiclens soap on your entire back to your buttocks, then rinse thoroughly.

Glendale Office Location

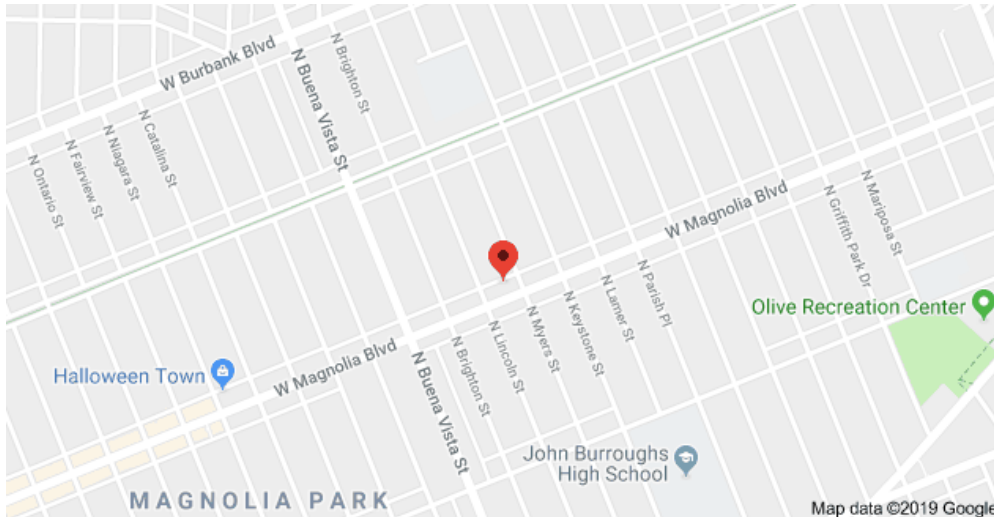


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