



## 360 SPINE CARE

a Division of Vascular and Interventional Radiology  
of Community Care Physicians

Leading the way to better spine health.

711 Troy-Schneectady Road, Suite 202  
Latham, NY 12110  
Phone: (518) 782-3938 Fax: (518)782-3995

Ronny Kafiluddi, MD, PhD, FIPP

### Pre-Procedure Instructions

Please arrange for someone to take you home after your procedure. If you have IV sedation or Oral sedation, you have to stay for 30 minutes after your procedure and your driver will have to sign for you to leave. Please leave all valuables at home and do not forget to bring your Photo ID, insurance information and a form of payment should you have a co-pay.

#### **Diet and Medications:**

- Do not eat solid food **six (6) hours** prior to your procedure. (Note: this includes milk, cream, and soup.)
- You may drink clear liquids up to **two (2) hours** prior to your procedure.

Take your usual medications on the day of the procedure with a small sip of water, unless otherwise instructed.

Please call 360 Spine Care if you were **recently prescribed an antibiotic** and have not completed your treatment course, or **have cold or flu-like symptoms**, as we may need to postpone or reschedule your procedure.

#### **Patients with Diabetes:**

If you require insulin, take half (1/2) the usual dose (units) on the day of the procedure. We will do our best to schedule you earlier in the morning. Oral diabetic medications should be discontinued prior to the procedure and resumed afterwards, such as:

- Glucophage® (metformin)
- Actos® (pioglitazone)
- Avandia® (rosiglitazone maleate)
- Amaryl® (glimepiride)
- Januvia® (sitagliptin)
- Jardiance® (empagliflozin)
- Glucotrol® (glipizide)

#### **Anticoagulants:**

Please seek approval from your primary Care Physician or Cardiologist to discontinue Lovenox® (enoxaparin) 12 hours prior to your procedure. Coumadin® (warfarin) needs to be discontinued 4-5 days (or until your INR is less than 1.3) prior to the procedure.

**Again, DO NOT discontinue these medications without your doctor's permission.**

You might need your blood drawn for an INR level prior to your procedure. A prescription for an INR will be provided. Your procedure will be postponed/rescheduled for a few days should your INR level exceed 1.3.

**Resume all medications six (6) hours after the procedure.**

### **Pre-Procedure Instructions (continued)**

Please seek approval from your Primary Care Physician, Cardiologist or Pulmonologist to discontinue the following medications **seven (7) days** prior to your procedure:

- Plavix® (clopidogrel)
- aspirin
- Excedrin® (combined acetaminophen, aspirin, and caffeine)

Please seek approval from your Primary Care Physician, Cardiologist or Pulmonologist to discontinue the following medications **five (5) days** prior to your procedure:

- Xarelto® (rivaroxaban)
- Pradaxa® (dabigatran)
- Eliquis® (apixaban)
- Aggrenox® (dipyridamole)

Discontinue all Non-Steroidal Anti-inflammatory (NSAID's) medications **three (3) days** prior to your procedure:

- ibuprofen, including Motrin®, Advil®, and Nuprin®
- naproxen, including Aleve® and Naprosyn®
- diclofenac (Voltaren®)
- meloxicam (Mobic®, Vivlodex®)
- Daypro® (oxaprozin)
- Celebrex® (celecoxib)
- Toradol® (ketorolac)

For female patients who are 50 years of age or under, **a urine pregnancy test is mandatory** and must be completed within (5) days prior to your procedure, unless you have a documented history of tubal ligations or hysterectomy.