

Florida Pain Institute

Phone: 321-784-8211

Patient Pre-Op Instructions for upcoming procedures:

- If you are taking **blood thinners** (for example Coumadin, Plavix, Pradaxa, Xarelto, or 325mg Aspirin) we will contact the doctor who prescribes this to obtain clearance for you to stop this medication for the procedure. We will also clarify when you are to restart this after your procedure. Our office will notify you when you are to stop and restart your blood thinner. If you take Aspirin 81mg, it is ok to continue this.
- If you are taking **Fish Oil or Vitamin E**, it must be stopped **7 days** prior to your procedure.
- If you are **diabetic**, follow your physician's instructions regarding your diabetic medication. **IF NO INSTRUCTIONS** were given by your doctor, see additional page of instructions for diabetics.
- If you choose to have **sedation**, **DO NOT EAT OR DRINK FOR 8 HOURS PRIOR** to your procedure. You may take your normal medications with a small sip of water. Make sure you do not eat any gum, mints, or cough drops. These count as food.
- You are required to have someone drive you home if you have sedation. Please make arrangements ahead of time.

You **can not** take a taxi or ride the bus home if you have had sedation. This is for your safety. If you need information about ride options, please call the office at 321-784-8211.

- If you have sedation, you must have someone who can check on you for the first 12 hours after your procedure.
- You will receive a call from the Surgery Center 2 days prior to your scheduled procedure to give you your arrival time and review the instructions.
- Please **Show**er the morning of your procedure and wear clean loose clothing.
- Leave all valuables at home including jewelry. What valuables you do need to bring will be locked up in a locker.
- If you are unable to keep your appointment or need to reschedule, please call the procedure scheduler at 321-784-8211 X1104.