

The Pain Center Procedure Instructions

Please follow these instructions for your upcoming procedure at the Cedars-Sinai Pain Center.

Prior to Your Procedure

Please review the following medication list. If you are taking any of these medications, please contact the prescribing physician for permission to stop the medication for the times indicated below.

Do not stop any medications without speaking with your prescribing physician.

Medication name	Required days to stop
Aggrenox	7 days
Aspirin (spinal cord stimulator/cervical)	7 days
Brilinta (ticagrelor)	5 days
Coumadin (warfarin)	5 days
Diet medications	24 hours
Effient (prasugrel)	10 days
Eliquis (apixiban)	3 days
Feldene (piroxicam)	3 days
Fragmin	24 hours
Lovenox	24 hours
Persantine (dipyridamole)	24 hours
Plavix (clopidogrel)	7 days
Pletal	7 days
Pradaxa (dabigatran) – abnormal kidney function	5 days
Pradaxa (dabigatran) – normal kidney function	3 days
Ticlid (ticlopidine)	10 days
Trental (pentoxifylline)	2 days
Xarelto (rivaroxaban)	3 days
All NSAIDS/anti-inflammatory medications ibuprofen (Advil, Motrin, etc.); naproxen (Aleve, Naprosyn, etc.); Celebrex; diclofenac (Flector, Voltaren, Zipsor, Cambia, etc.); indomethacin (Indocin); meloxicam (Mobic); nabumetone (Relafen)	2 days
Supplements and vitamins danshen, dong quai, fish oil, garlic, ginkgo biloba, ginseng, turmeric, vitamin E	7 days

If you have had any colds, illnesses, fevers, infections, antibiotic use, or received a vaccine within two weeks prior to your procedure, promptly notify the triage nurse at 310-423-9600.

Talk to your diabetes doctor about how to take your diabetes medication the day of the procedure, since you will not be able to eat for up to eight hours prior to the procedure.

If you are taking a blood thinner not listed above, please call the nurse at 310-423-9600.

Day of Your Procedure

- At your regular scheduled time, you should take your heart and blood pressure medications, asthma inhalers and anti-Parkinson's/seizure medication with a small sip of water.
- You **must** arrive 1 hour prior to your scheduled procedure to avoid cancellation.

Patients receiving local anesthesia:

- Two hours before procedure time: **Stop all** food and liquids, including water, gum and candy.

Patients receiving monitored anesthesia care:

- Eight hours before procedure time: Stop all food and liquid intake, including coffee, tea, gum and candy. You may drink up to 1 cup (8 oz = 250 ml) of clear, still water.
- Two hours before procedure time: **Stop all** food and liquid intake, including water, gum and candy.
- You **must** have a responsible adult to accompany you home who must be identified to the staff prior to your procedure. If there is no one available, your sedation will be canceled.

Make sure your ride home is on time.

Please visit these websites for more information:

cedars-sinai.edu/patients/programs-and-services/pain-center