



Pain Pre-Procedure Instructions

Please read the following instructions carefully to ensure that you can complete your scheduled procedure and avoid cancellation/rescheduling.

BEFORE THE PROCEDURE:

- Please notify Texas Regional Clinic if you are **allergic** to iodine, seafood, shellfish, latex, steroid, local anesthetics (i.e. lidocaine), or any medication in general.
- If you have diabetes, please **continue** your recommended diet and **continue** to take your diabetic medication as prescribed by your doctor.
- If you have high blood pressure, please **continue** to take your blood pressure medication as prescribed by your doctor.
- Nothing to eat or drink (shake, smoothie, soup, coffee, etc) **at least 8 hours** prior to the procedure. You can drink water up until 2 hours before the procedure.
- Schedule a driver to be present at the time of check-in on the day of the procedure.
 - If you plan to use Lyft or Uber, please have another adult accompany you on the ride.
 - If you do not have an adult with you, then you **CANNOT** receive any form of sedation.
- If you're taking blood thinning (anti-coagulation/anti-platelet) medication prescribed by a physician (i.e. Plavix, Aspirin 325 mg, Warfarin, Eliquis, Xarelto, Lovenox, Heparin, etc.) We will need to obtain a **clearance** from your prescriber **before stopping your medication**.
- Do **NOT** take these over-the-counter medications for at least **7 days prior** to the procedure and **24-48 hours after**: Alka-Seltzer, BC Powder, Excedrin, or anything with Aspirin.
- If you are taking Baby Aspirin(81mg) for preventative, please stop **5 days prior** to the procedure and do not resume until **24-48 hours after**.
- **For procedures involving the spine**, please Do **NOT** take anti-inflammatory medications, such as Advil/Motrin/Ibuprofen, Aleve/Naproxen, Mobic/Meloxicam, Diclofenac, etc., for **at least 48 hours prior** to the procedure. Your provider may require you to stop for longer than 48 hours, depending on your risk factors. (Over-the-counter Tylenol is okay to take).
- Do **NOT** take any type of narcotic pain medications, benzodiazepines, or muscle relaxers on the day of the procedure.
- Please notify us if you have any active infection or if you are taking any antibiotics. We will have to schedule the procedure at least a week after you have completed your antibiotics.
- If you have recently received a COVID-19 vaccine/booster, we strongly recommend you wait **2 weeks before** proceeding with a steroid injection.
- If you are planning on receiving a COVID-19 vaccine/booster, we strongly recommend you wait **2 weeks after** you have received a steroid injection.

If you have any question or concern, please call **Texas Regional Clinic** at 713-498-1741.



Pain Pre-Procedure Questionnaire

Please answer the following questions to the best of your knowledge so that we can help you schedule your procedures as soon as possible.

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|---|----|-----|
| 1. Are you currently taking any blood thinning (anti-coagulation/anti-platelet) medication prescribed by a physician (i.e. Plavix, Aspirin, Warfarin, Eliquis, Xarelto, Lovenox, Heparin, etc.) | NO | YES |
|---|----|-----|

If yes, please fill out the following:

Medication name: _____ Dosage: _____

Prescriber/Clinic name: _____

Clinic Address: _____

Clinic Telephone #: _____

Clinic fax #: _____

| | | |
|--|----|-----|
| 2. Are you taking Alka-Seltzer, BC Powder, Excedrin, or anything with Aspirin? | NO | YES |
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| 3. Are you taking any anti-inflammatory medication? (i.e. Advil/Motrin/Ibuprofen, Aleve/Naproxen, Mobic/Meloxicam, Diclofenac, etc.) | NO | YES |
|--|----|-----|

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| 4. Are you allergic to iodine, seafood, shellfish, latex, steroid, or local anesthetic (i.e. lidocaine, mepivacaine, bupivacaine) ? If yes, which of the above: _____ | NO | YES |
|--|----|-----|

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| 5. Do you currently have an active infection or are undergoing treatment with antibiotics for an infection? | NO | YES |
|---|----|-----|

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| 6. Are you currently taking oral steroid? | NO | YES |
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Note to staff: Please fax this form with the referral.