

## INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE

\_\_\_ **Please stop all over the counter (OTC) blood thinners SEVEN (7) days before your procedure.**

(Examples: Aspirin, Motrin, Advil, Aleve, Ibuprofen, Vitamin E, or Fish Oil.)

\_\_\_ Nothing to eat from midnight the night before your procedure. You may drink sips of water up to two (2) hours before the procedure to relieve dry mouth.

\_\_\_ Take your regular medications with sips of water as directed. (\*\*See exceptions\*\*)

\_\_\_ **\*\*\*Diabetic Patients:** Your procedure will be scheduled before noon and you should CONTACT YOUR PRIMARY PHYSICIAN to discuss whether you should take your insulin or not. \*\*\*\*

\_\_\_ **\*\*If you take BLOOD THINNERS** such as Coumadin, Plavix, Lovenox, Heparin, Warfarin, Aggrenox, ReoPro, Persantine, Ticlid, Ecotrin, or Aggrastat, you need to STOP taking it before your procedure **according to your medical clearance.**

\_\_\_ You must have someone to accompany and drive you home. Please make sure they are available all day.

\_\_\_ We will call several days before your procedure to confirm the time of your appointment. It is sometimes necessary to make changes in the schedule.

\_\_\_ Use a **cold pack**, not heat, to help reduce swelling or pain after your procedure.

### Facility Locations:

Premier Outpatient Surgery Center  
900 East Washington Street, Ste 155  
Colton, CA 92324  
(909)370-2190

University Surgery Center  
25405 Hancock Ave, Ste 110  
Murrieta, CA 92562  
(951)677-2333

LLUMC-Murrieta  
28062 Baxter Rd  
Murrieta, CA 92563  
(951)290-4000

Spine Institute  
28078 Baxter Rd. Suite 128  
Murrieta, CA 92563  
(951)894-5000