



SPINAL CORD STIMULATOR TRIAL/IMPLANT PROCEDURE INSTRUCTIONS AT AN AMBULATORY SURGERY CENTER

You have been scheduled for a spinal cord stimulator trial. It is necessary that you discontinue aspirin products for one full week prior to your procedure. It is also necessary to discontinue any blood thinning medications for the amount of time noted on the next page. We request that you discuss this with your prescribing physician. In addition, you must discontinue any anti-inflammatory medications for a full 3 days before the procedure.

YOU MUST HAVE A RIDE HOME.

This is a mandatory rule set by the surgery center. If you are unable to comply with this plan, we will have to reschedule your procedure. **If you plan on checking in with a transportation service i.e. (taxi cab), you must have someone additional with you who will vouch for your post procedure care.**

YOU CANNOT EAT OR DRINK AFTER MIDNIGHT.

You may have clear liquids up to 4 hours before the procedure.



Spine & Nerve
DIAGNOSTIC CENTER

SPINAL CORD STIMULATOR TRIAL/IMPLANT
MEDICATION GUIDELINES

Medications that thin blood may increase your risk of bleeding. This can increase the risk of a hematoma (blood clot) at the injection site. For that reason, it is important to stop taking medications with blood thinning properties prior to the procedure. The following are guidelines as to when to stop certain medications. If the medication is not on the below list, it is okay to take them. Please read through the list carefully. Your procedure may be cancelled if you have not stopped the medications at the appropriate time intervals.

OBTAIN PERMISSION FROM YOUR PRESCRIBING PHYSICIAN TO TEMPORARILY STOP BLOOD THINNERS.

****PLEASE DISCONTINUE BLOOD THINNERS THROUGHOUT THE DURATION OF YOUR SPINAL CORD STIMULATOR TRIAL AND DISCONTINUE BLOOD THINNERS FOR THE ADDITIONAL 24 HOURS AFTER SPINAL CORD STIMULATOR IMPLANT****

MEDICATION:	NAME BRAND:	STOP MEDICATIONS:
ABCIXIMAB	REOPRO	5 DAYS
ACENOCOUMAROL	SINTROM	3 DAYS
ACUVAIL		3 DAYS
ADVIL		3 DAYS
AGGRASTAT		1 DAY
AGGRENOX		8 DAYS
ALEVE		3 DAYS
ALKA-SELTZER		7 DAYS
ANACIN		7 DAYS
ANAPROX	NAPROXEN	3 DAYS
APIXABAN	ELIQUIS	5 DAYS
ARIXTRA		4 DAYS
ARTHROTEC		3 DAYS
ASPERGUM		7 DAYS
ASPIRIN		7 DAYS
BAYER		7 DAYS
BRILINTA		5 DAYS
BUFFERIN		7 DAYS
CATAFLAM		3 DAYS

MEDICATION:	NAME BRAND:	STOP MEDICATIONS:
CAMBIA		3 DAYS
CELECOXIB	CELEBREX	3 DAYS
CILOSTAZOL	PLETAL	2 DAYS
CLINORIL		3 DAYS
CLOPIDOGREL	PLAVIX	7 DAYS
COUMADIN		5 DAYS
DABIGATRAN	PRADAXA	5 DAYS
DAMASON-P		7 DAYS
DARVON COMPOUND	DARVON	7 DAYS
DAYPRO		3 DAYS
DICLOFINAC	VOLTAREN, ZIPSOR	3 DAYS
DIPYRIDAMOLE	PERSANTINE	2 DAYS
DISALID		7 DAYS
DOLOBID	DIFLUISAL	7 DAYS
EASPRIN		7 DAYS
ECOTRIN	ASPIRIN	7 DAYS
EFFIENT		7 DAYS
ELIQUIS		5 DAYS
EMPIRIN	ECOTRIN	7 DAYS
EPTIFIBATIDE	INTEGRILIN	1 DAY
ETODOLAC	LODINE	3 DAYS
EXCEDERIN		7 DAYS
FASPIRIN		7 DAYS
FELDENE		3 DAYS
FENOPROFEN	NALFON	3 DAYS
FIBRINOLYTIC AGENTS		2 DAYS
FIORINAL		7 DAYS
FISH OIL		3 DAYS
FLECTOR PATCH		3 DAYS
FONDAPARINUX	ARIXTRA	4 DAYS
GINKO		8 DAYS
HEPARIN		10 HOURS
HEPARIN-IV		4 HOURS
HERBALS		3 DAYS
IBUPROFEN	ADVIL, MOTRIN, MIDOL	3 DAYS
INDOCIN		3 DAYS
INDOMETHACIN	INDOCIN, TIVORBEX	3 DAYS
INTEGRIN		1 DAY
KETOPROFEN		3 DAYS
KETORALAC	TORADOL, ACULAR	3 DAYS

MEDICATION:	NAME BRAND:	STOP MEDICATIONS:
LMWH PROPHYLACTIC		12 HOURS
LMWH THERAPEUTIC		1 DAY
LODINE		3 DAYS
LOVENOX		3 DAYS
MEASURIN		7 DAYS
MECLOFENAMATE		3 DAYS
MECLOMEN		3 DAYS
MEDIPREN		3 DAYS
MELOXICAM	MOBIC	3 DAYS
MIDOL		3 DAYS
MOBIC		3 DAYS
MOTRIN		3 DAYS
NABUMETONE		3 DAYS
NALFON		3 DAYS
NAPROSYN		3 DAYS
NAPROXEN	NAPROSYN	3 DAYS
ORUDIS		3 DAYS
OXAPROZIN	DAYPRO	3 DAYS
PERCODAN		7 DAYS
PERSANTINE		2 DAYS
PERSATINE		7 DAYS
PIROXICAM	FELDEN	3 DAYS
PLAVIX		8 DAYS
PLETAL		8 DAYS
PRADAXA		5 DAYS
PRASUGREL	EFFIENT	10 DAYS
RELAFEN		3 DAYS
REOPRO		5 DAYS
RIVAROXABAN	XARELTO	3 DAYS
RUFEN		3 DAYS
SALICYLATE		7 DAYS
SALSALATE	DISALCID	7 DAYS
SOMA COMPOUND		7 DAYS
SPRIX		3 DAYS
SULINDAC		3 DAYS
TANDEARIL		3 DAYS
TICAGRELOR	BRILINTA	5 DAYS
TICLID		8 DAYS
TIROFIBAN	AGGRASTAT	2 DAYS
TODOLAC	LODINE	3 DAYS

MEDICATION:	NAME BRAND:	STOP MEDICATIONS:
TOLECTIN		3 DAYS
TORADOL		3 DAYS
TRENTAL		8 DAYS
TRILISATE		7 DAYS
VICOPROFEN		3 DAYS
VITAMIN E		3 DAYS
VOLTAREN		3 DAYS
VOLTAREN GEL		3 DAYS
XARELTO		3 DAYS
WARFARIN	COUMADIN, JANTOVEN	5 DAYS
ZORPRIN		7 DAYS
ZORVOLEX		3 DAYS



Post Spinal Cord Stimulator Trial/Implant Instructions

1. You have received a spinal cord stimulator trial. After the numbing medicine wears off, it is normal to have a slight increase in your symptoms for a period of 24 to 48 hours. To help with your symptoms use a mild pain reliever such as tylenol, take your prescribed pain medications.
2. **(FOR SPINAL CORD STIMULATOR TRIAL)**- Do not take a shower or bath and you should not submerge your body in water. You may have a sponge bath but avoid getting the dressing wet.
(FOR SPINAL CORD STIMULATOR IMPLANT)- Do not take a shower or bath and you should not submerge your body in water for one week after the implant. You may have a sponge bath but avoid getting the dressing wet.
3. Take antibiotics as directed for one (1) week.
4. Avoid sudden bending or twisting. Avoid lifting more than 5lbs. (e.g., a gallon of milk). Avoid reaching over your head (no reaching up, over, across, or down)
5. Engage in your normal activities so you and your doctor can evaluate how well the stimulation addresses your pain.
6. Record your pain level on the Pain Diary pages. Note if the therapy is:
 - Delivering pain relief
 - Enhancing your ability to perform certain activities
 - Improving your sleep habits.
7. Keep dressing dry, clean, and intact.

Call your Spinal Cord Stimulator representative if you have any questions about the procedure and/or the Spinal Cord Stimulator device.

1. If your extremity is weak or numb, call or go to the emergency room. If you have to walk (to the bathroom), have someone assist you. Have someone stay with you until you are able to be up and about. You may resume your regular activities after the numbness wears off.
2. If you received sedation, do not drive, operate machinery, consume alcohol or make important decisions until the day following the procedure.
3. If you are diabetic, please monitor your blood sugars carefully. If your blood sugar is significantly increased please notify us or your primary care physician for instructions.

If you develop any of the following symptoms seek immediate medical attention or call Spine and Nerve Diagnostic Center.

- Temperature over 101 degrees or any signs of injection at the injection site (red, swollen, hot to the touch).
- Severe pain different from your usual pain that is not relieved by the medication.
- Loss of feeling or movement in the affected extremity (after initial numbness wears off).
- If the bandage comes off, call us.

IN CASE OF EMERGENCY CALL 911

Please keep your follow up appointment with Spine and Nerve Diagnostic Center, or schedule an appointment if you do not already have one. Allow 2 weeks for the report to reach your physician. Please feel free to call us if you have any questions or concerns.



CANCELLATION AND NO SHOW POLICY

Office appointments require a minimum of 1 business day cancellation and procedure appointments require 2 business day cancellation notice. Without proper notification you will be subject to a no show fee. Patients who No-Show three (3) or more times in a year, may be dismissed from the practice and will be denied any future appointments.

Office Appointments – Minimum 1 business day cancellation
Procedures (injections, stimulator trial or implantation, nerve studies, etc.) –
Minimum 2 business days cancellation

We understand that Special unavoidable circumstances may cause you to cancel within 24 hours. Fees in this instance may be waived but only with management approval. Our practice firmly believes that good physician/patient relationship is based upon understanding and good communication.