

X-Ray Guided Injection Preparation

- **You may continue the following medications:**
 - Celebrex, Tylenol, narcotic pain medications (unless they contain aspirin or ibuprofen)
 - Daily medications EXCEPT the below mentioned
- **If you are taking the following medications, please contact your prescribing physician for instructions and approval regarding how to safely stop these medications:**
 - Plavix, Aggrenox and Ticlid - stop 7 days prior to injection
 - Coumadin - stop 3 days prior to injection (require INR <1.5)
 - Aspirin and aspirin containing products (Bayer, Excedrin, Percodan) – stop 7 days prior to injection
 - Fragmin or Lovenox - stop the day of injection
- **Stop taking the following medications 5 days prior to injection:**
 - Non-Steroidal Anti-Inflammatory Drugs (NSAID) e.g., ibuprofen (Motrin/Advil), naproxen (Aleve/Naprosyn), etodolac (Lodine), nabumetone (Relafen), meloxicam (Mobic), piroxicam (Feldene), ketoprofen (Orudis/Oruvail), oxaprozin (Daypro), sulindac (Clinoril), diclofenac (Athrotec/Voltaren/Cataflam), Vicoprofen.

Day of Injection

- Bathe / Shower the day of injection.
- We recommend you eat a small meal.
- Bring a copy of your most recent MRI films, in case your physician needs to review it.
- You may take your medications as usual with the **Exception(s)** of blood thinners and anti-inflammatories. (see above for details)
- You may receive local anesthesia.
- **Because your physician needs to stay focused on your injection procedure, your injection appointment is NOT an appropriate time to discuss medical problems. Another appointment can be scheduled for you.**
- **Please inform your physician if there is any possibility of pregnancy.**
- **You MUST arrange for someone to drive you to and from your injection appointment**
Allow approximately 1 hour for the procedure.
- **Please inform your physician of any allergies, especially to IV contrast dye, shellfish, Betadine, local anesthetics or latex.**

Injection Aftercare

- You may experience relief within a few hours to two weeks following your injection. Please schedule a post-procedure follow-up appointment for 10 to 14 days.
- **What you may do after your injection:**
 - Resume all of your normal medications following the procedure
 - Return to your normal diet
 - Return to activities as tolerated
 - Return to work provided it does not involve strenuous activity
 - You may shower
 - Use ice over injection site for 20 minutes as needed for local pain and inflammation
- **What you may NOT do after your injection:**
 - Do **NOT** submerge yourself in water (i.e. bath, pool, ocean, etc) for 48 hours after your injection
 - Do **NOT** do strenuous activities for 48 hours after your injection
- **What you may experience after your injection:**
 - Generalized swelling from fluid retention
 - Flushing (feeling hot and facial redness)
 - Change in mood
 - Increase in blood pressure
 - Increase in blood sugar, if you are diabetic
 - Increase in pain
 - Numbness or tingling in one or both lower extremities
 - Change in menstrual cycle
 - Headache

○ These symptoms are uncommon BUT may occur. If they persist for more than 2 weeks, please call 610-789-7767.
- **In the case of an emergency after clinic hours (5:00pm) or on weekends, go to your local emergency room and call the office in the morning.**