

ORTHOPEDIC REHABILITATION SPECIALISTS OF NEVADA

SPINE AND ORTHOPEDIC REHABILITATION
6630 S McCarran Blvd #A-3 Reno, NV 89509
775-828-2873 or 775-448-9450

PATIENT NAME:
CHART:

PROCEDURE INSTRUCTION SHEET

** We do our best to schedule procedures at the convenience of our patients. However, dates and times for your procedure can only be confirmed by our procedure scheduler and not your physician. You will be contacted by our scheduler after any necessary authorizations have been obtained.

Instructions:

(initial each bullet that you have read and understand)

- **DO NOT EAT OR DRINK FOR 6 HOURS PRIOR TO YOUR PROCEDURE (if you plan on any form of sedation)**
- **BRING A DRIVER TO TAKE YOU HOME**
- **STOP TAKING ANY ANTI-INFLAMMATORY MEDICATIONS OR BLOOD THINNERS FIVE DAYS PRIOR TO THE SCHEDULED DATE OF YOUR PROCEDURE** (These medications may include: Aspirin (includes baby aspirin), Motrin, Aleve, Naproxyn, Voltaren, Vicoprofen, Coumadin, Plavix, Diclofenac, Warafin, Mobic also known as Meloxicam, Aggranox, Advil, Ecotrin, Excedrin, Eloquis, Xarelto Indomethacin, DayPro, Fish oil, Alkaseltzer, or Ibuprofen.) **Ask your doctor if your medications are ok to take. YOUR PROCEDURE WILL BE CANCELLED IF ANY ANTI-INFLAMMATORY OR BLOOD THINNING MEDICATIONS ARE TAKEN WITHIN THE FIVE (5) DAYS PRIOR TO YOUR PROCEDURE. (NO antibiotics 7 days prior to your procedure).**
- **Be sure to have an appointment for follow up with your PRESCRIBING doctor.**

Special Instructions for Patients taking Coumadin or other anti-coagulants:

- Continue to take your Coumadin or other blood thinner or anti-inflammatory as instructed by your prescribing doctor until notified by the Orthopedic Rehabilitation Specialists of Nevada staff of your scheduled injection or surgery.
- We must have written confirmation from your treating physician allowing you to stop your blood thinner five days prior to your scheduled procedure.
- On the day of your procedure you will need to have a Protime test completed and within acceptable range in order for the procedure to take place. **COUMADIN ONLY**
- If you have taken any other anticoagulant or anti-inflammatory within 5 days of your scheduled procedure your procedure will be cancelled.
- If your Protime test is not in the acceptable range, your procedure will be cancelled.

IT IS OK TO TAKE TYLENOL. CONTINUE TO TAKE BLOOD PRESSURE MEDICATIONS.

My signature below confirms receipt of these instructions:

Patient Signature

Date