

MOUNTAIN WEST SPORT & SPINE

SPINE AND ORTHOPEDIC REHABILITATION
6630 S McCarran Blvd #A-3 Reno, NV 89509
775-828-2863 or F: (866) 571-0056

PROCEDURE INSTRUCTION SHEET

We do our best to schedule procedures at the convenience of our patients. However, dates, times and locations 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:

- **DO NOT EAT OR DRINK FOR 8 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 include: Aspirin, Baby Aspirin, Motrin, Aleve, Naproxyn, Voltaren, Vicoprofen, Coumadin, Plavix, Diclofenac, Warafin, Mobic, Meloxicam, Aggranox, Advil, Ecotrin, Excedrin, Eloquis, Xarelto Indomethacin, DayPro, Fish oil, Alkaseltzer, or Ibuprofen. **Your procedure will be cancelled if any anti-inflammatory or blood thinning medications are taken within 5 days prior to your procedure.**
- **NO ANTIBIOTICS 7 DAYS PRIOR TO YOUR INJECTION**
- **IT IS OKAY TO TAKE TYLENOL.**
- **CONTINUE TO TAKE BLOOD PRESSURE MEDICATIONS.**
- **BE SURE TO HAVE A FOLLOW UP APPOINTMENT SCHEDULED 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 Mountain West Sport and Spine staff of your scheduled procedure.
- 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 an INR 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 INR results are not in the acceptable range, your procedure will be cancelled.

Facilities:

___ Mountain West Sport & Spine	6630 S. McCarran Blvd Suite A3
___ Summit Surgery Center	18653 Wedge Pkwy #170
___ Surgery Center of Reno	343 Elm Street #100
___ Quail Surgery Center	6630 S. McCarran Blvd Suite C25
___ Renown Rehabilitation	1495 Mill Street

IF YOU HAVE ANY QUESTIONS REGARDING YOUR INJECTION OR ANY OF THE INSTRUCTIONS, PLEASE CALL THE INJECTION SCHEDULER:

DANNI
(775) 448-9450