



Pre-Procedure Instruction and Post-Procedure Discharge Instructions

Patient Name: _____

Procedure Order: _____

Procedure CPT: _____

Procedure ICD: _____

Patient Date of Birth: _____

Patient Birth Gender: ___ Male ___ Female

Date of Procedure: _____

Time of Procedure: _____

Check in Time: _____

Location of Procedure: Paris Surgery Center- 2905 Pine Mill Rd Paris, TX 75460

Facility Phone Number: 903-905-4717

PRE-PROCEDURE INSTRUCTIONS:

1. Do not eat anything for at least 8 hours prior to the time of your procedure, this includes gum, candy, breath mints. You may have water only up to 2 hours prior to the time of your procedure. You may take your morning medications with a sip of water. If these precautions are not followed you may be rescheduled.
2. Please make the staff aware if you are currently taking antibiotics and/or steroids, as this may result in rescheduling due to medical precautions.
3. Continue all your usual medications as prescribed, EXCEPT FOR BLOOD THINNERS, DIABETIC MEDICATIONS, DIET MEDICATIONS. Which may need to be stopped temporarily. Inform your doctor if you are on any type of blood thinner, aspirin, or diet pill. We will need to get written permission and clearance from the doctor prescribing the medication prior to doing the procedure.
4. You may require Cardiac Clearance from your cardiologist and Permission from your PCP or physician treating your Diabetes, and weight loss program.
5. Coumadin: Must obtain STAT PT/INR blood test late the day before your injection and have results sent to Paragon Health Partners. This result must be received prior to your appointment.

DRIVER REQUIRED:

If you are having a lumbar epidural injection or your procedure involves sedation you MUST have a driver. We cannot release you to a cab or public transportation (i.e., Uber, Lyft, etc.). Patients MUST have their driver in the lobby or car in the parking lot at the time of their scheduled appointment to ensure all patients are seen in a timely manner. Also, their driver is to stay on the premises until the patient's procedure is complete.

PATIENTS WITH DIABETES:

- STOP your GLP-1 medication TWO WEEKS PRIOR TO INJECTION DATE.
- If you have diabetes, make sure to eat a light meal 8 hours prior to your procedure.
- If your procedure is scheduled prior to 12pm (noon), HOLD your morning insulin dose.
- If your procedure is scheduled after 12pm (noon), take half of your morning insulin dose.
- Bring your insulin with you. Corticosteroids may be used in your procedure. If you are diabetic, these medications can cause a temporary rise in your blood glucose that can last several days. It is recommended you monitor your blood glucose regularly and treat it accordingly. If your levels go above 250 or remain elevated please contact your treatment provider.
- If your levels are above 300, you will be rescheduled.

ADDITIONAL INFORMATION:

- Wear comfortable clothing and low-heel shoes.
- Please leave jewelry, cell phone and other valuables at home or with the driver. We are not responsible for lost items.
- Any insurance copays or UNCOVERED expenses (deductible) must be collected prior to your procedure.
- Do bring your insurance cards, driver's license, and all your current medication to the appointment.
- There is a cancellation fee with Paragon Health Partners if you cancel less than 48 hours prior to appointment time.

PRIOR TO YOUR PROCEDURE:

1. You may have an IV started.
2. You may be asked to change into a gown.
3. Your doctor may prescribe sedation to help reduce discomfort and anxiety.
4. Typically, the entire process from being checked in to being discharged takes approximately 30 minutes to 1 hour. (The scheduled appointment time is the arrival time, not necessarily when the patient will be brought back to the fluoroscopy suite).
5. Your driver MUST wait for you in the waiting room or park on the west side of the building. If your ride is not available to wait, then Paris Surgery Center cannot administer sedation due to safety precautions.

INSTRUCTIONS FOR PAIN DIARY (not every patient will have a pain diary):

- Do not go home and go to bed. Go about your normal activities.
- Rate your pain scale every 20 minutes while awake.
- Document your pain scale for a total of 24 hours. Go to bed as normal and complete your diary when you get up in the morning.
- Take your pain diary to your next doctor's visit post procedure.

AFTER YOUR PROCEDURE:

- You will remain in the recovery room approximately 15 minutes after your procedure.
- Rarely you may experience side effects from the sedation medications. The nursing staff will go over these with you prior to your discharge.

AFTER DISCHARGE FROM THE SURGICAL FACILITY:

- DO NOT operate a vehicle or heavy machinery within 24 hours after you have received sedation.
- DO NOT operate a vehicle or heavy machinery within 8 hours after you receive a lumbar epidural without sedation as you may experience temporary leg weakness/numbness.
- DO NOT drink alcoholic beverages for 6 hours following procedure and while taking pain medications.
- DO NOT take any medications not specifically prescribed without consulting your physician.
- DO NOT sign any documents or make any decisions that are legal or business in nature for 24 hours following the procedure.
- Pain relief may occur immediately after the procedure but may also take several days. A few days of soreness after the procedure are normal.
- We suggest applying ice to the injection site for 20 minutes and then removing it for 20 minutes. Repeat this cycle of applying ice on/off during the first 24 hours.
- Notify the office immediately at 972-203-3600 if you experience a fever greater than 100 degrees, loss of strength, increasing pain, and/or bowel or bladder continence, headache, persistent nausea or vomiting, any usual pain, swelling, or excessive bleeding. If your bandages become soaked with red blood, place another dressing pad over your bandage. Do not remove the original bandage.
- Drink plenty of water unless otherwise directed.
- Avoid heavy lifting for 48 hours after the procedure. Avoid Aspirin products for 2-3 days post procedure. Remove Band-Aid/dressing tomorrow and may shower tomorrow. Avoid baths or soaking or submerging injection site for 24 hours. No hot tubs or swimming pools. Call the physician for any new numbness/Tingling.
- Report to the nearest emergency room for inability to move extremities or any bladder or bowel issues.

- Return to your physician's office for follow-up in two weeks.

DATE TO FOLLOW UP AT PARAGON HEALTH PARTNERS: _____

TIME OF APPOINTMENT: _____

I have carefully read and fully understand this Pre-procedure Instructions form and have had the opportunity to discuss my condition with the care provider. All my questions have been adequately answered.

Patient Signature

Date

SPINAL HEADACHE

A "Spinal Headache" is a common complication in those who undergo an epidural or spinal injection. Most Spinal Headaches, also known as post-Dural puncture headaches, resolve on their own with no treatment. However, severe spinal headaches lasting 24 hours or more may need treatment.

Spinal headache symptoms include:

Dull, throbbing pain that varies in intensity from mild to very severe.

Pain that typically gets worse when you sit up or stand and decreases or goes away when you lie down.

Spinal headaches are often accompanied by:

- Dizziness
- Ringing in the ears (tinnitus)
- Hearing loss
- Blurred or double vision
- Sensitivity to light (photophobia)
- Nausea and vomiting
- Neck pain or stiffness
- Seizures

Treatment:

- Treatment for spinal headaches begins conservatively.
- Your provider may recommend getting bed rest. Lay flat and only get up to use the restroom or sit up and eat.
- Drinking plenty of fluids
- Consuming caffeine and taking oral pain relievers such as Tylenol or Motrin as long as headache pain is present.
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If your headache hasn't improved within 24 hours, your provider might suggest an epidural blood patch. Injecting a small amount of your blood into the space over the puncture hole will often form a clot to seal the hole, restoring normal pressure in the spinal fluid and relieving your headache. This is the usual treatment for persistent spinal headaches that don't resolve on their own.

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