



## Spine Injections

### Pre-operative Instructions

#### ★ PRE-PROCEDURE INSTRUCTIONS — SPINE INJECTION (± IV SEDATION)

Patient: \_\_\_\_\_

Procedure: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Location: \_\_\_\_\_

Physician: Dr. Amit Bhandarkar — S.P.I.N.E.  
Center, Chesterfield

Phone: 314-557-3472

#### ✓ 1) CHECK-IN / WHAT TO BRING

📍 Arrive: **45–60 minutes early**

📄 Bring: Photo ID + insurance card

📋 Bring: Medication list (or bottles)

👕 Wear: Loose, comfortable clothing

🚫 Avoid: Jewelry/valuables

- You should wear glasses instead of contacts.

😓 Call us **BEFORE coming** if you have:  
fever, active infection, new cough/flu  
symptoms, or started antibiotics

#### 🍽️ 2) EATING & DRINKING (VERY IMPORTANT)

🟢 If you are **NOT** getting IV sedation

🍲 You may eat a **light meal** and drink fluids  
as usual (unless we told you otherwise).

🔴 If you **ARE** getting IV sedation

🚫 **NO solid food for 8 hours** before your  
procedure

💧 **Clear liquids only up to 2 hours** before  
(water, clear tea, black coffee *no cream*, apple  
juice)

🚫 **No alcohol for 24 hours** before

⚠️ **If you eat during the fasting window →  
CALL US.**

We may need to reschedule for safety.

#### 😴 3) IV SEDATION RULES (IF SEDATION PLANNED)

🚗 **You MUST have a responsible adult  
driver** (no driving yourself)

🚫 **No Uber/Lyft/taxi alone** (you must be  
accompanied)

🏠 Plan for someone to stay with you for the  
rest of the day

🚫 For **24 hours after sedation**, do NOT:

- 🚗 Drive
- 🏭 Work / operate machinery
- ✍️ Sign legal documents
- 🍷 Drink alcohol
- 🏠 Make major financial decisions

😴 You may feel sleepy, lightheaded, or  
nauseated — this is common.

#### 💊 4) MEDICATION INSTRUCTIONS (IMPORTANT)

⚠️ **Do NOT stop prescription blood  
thinners or heart medications on your own.**

☎️ If you are unsure about any medication →  
**call our office.** Please reach out to the Doctor  
who started those medications

#### 🟡 A) NSAIDs / ANTI- INFLAMMATORIES (STOP 7 DAYS BEFORE)

🔴 **STOP these 7 days before your injection**  
(especially for **epidural injections**):

- **Ibuprofen** (Advil, Motrin)
- **Naproxen** (Aleve)
- **Meloxicam** (Mobic)
- **Diclofenac** (Voltaren)
- **Indomethacin**
- **Celecoxib** (Celebrex)
- **Etodolac / Nabumetone / others**

✓ **OK to take: Acetaminophen/Tylenol** (if  
you can take it)

📌 If another doctor told you to stay on an  
anti-inflammatory, call us so we can guide  
you.

#### 🔴 B) BLOOD THINNERS / “ANTICOAGULANTS” (CALL US 7+ DAYS BEFORE)



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## Pre-operative Instructions

📞 If you take ANY of these, we need specific timing instructions:

- **Warfarin (Coumadin)**
- **Eliquis (apixaban)**
- **Xarelto (rivaroxabán)**
- **Pradaxa (dabigatran)**
- **Savaysa (edoxaban)**
- **Plavix (clopidogrel)**
- **Brilinta (ticagrelor)**
- **Effient (prasugrel)**
- **Aspirin** (including “baby aspirin”) — may be handled case-by-case

🚫 **Do NOT stop these without our instructions.**

### 🟡 C) DIABETES MEDICATIONS (FASTING + SEDATION = LOW SUGAR RISK)

🩸 If you have diabetes:

- ✅ Bring your **glucometer** (if you use one)
- 🍌 Bring a small snack for after the procedure (we’ll tell you when it’s safe)

📞 Call us ahead of time if you take:

- **Insulin** (dose often needs adjustment)
- **Metformin/glipizide / glyburide / etc.** (may need morning adjustment if fasting)
- **SGLT2 inhibitors:** Jardiance / Farxiga / Invokana (sometimes held before procedures)
- Please bring your anti-diabetic and antihypertensive medications with you.

### 🟣 D) GLP-1 INJECTIONS (WEIGHT LOSS / DIABETES) — TELL US

📌 Tell us if you take:

- Ozempic / Wegovy (semaglutide)
- Mounjaro / Zepbound (tirzepatide)
- Trulicity / Victoza / others

⚠️ These can slow stomach emptying and may affect sedation safety.

📞 We will tell you if/when to hold it.

### 🟢 E) BLOOD PRESSURE / HEART / THYROID MEDS (USUALLY CONTINUE)

✅ Most patients should **continue** these medications.

💧 If fasting, take approved morning meds with a **small sip of water**.

📞 If you take multiple morning meds and you’re unsure → call us.

### 🟤 F) SUPPLEMENTS (PLEASE TELL US)

Some supplements can increase bleeding risk:

- 🐟 Fish oil / omega-3
- 🌿 Garlic, ginkgo, ginseng
- 🍌 Vitamin E
- 🌶️ Turmeric/curcumin
- “Natural blood thinners”

### 👶 5) PREGNANCY

⚠️ If you are pregnant or could be pregnant → **tell us before the procedure.**

### ✅ 6) AFTER THE INJECTION (WHAT’S NORMAL)

🩹 Soreness at the injection site for **24–72 hours** is common.

🔥 Steroid injections can temporarily cause:

- flushing
- trouble sleeping
- mood changes
- **higher blood sugar** for several days (especially diabetics)

▶ We will review specific “call us/ER” warning signs before discharge.

### 📞 7) CALL US BEFORE YOUR PROCEDURE IF...

- 🤒 Fever, infection, or new antibiotics
- 🍌 You started/stopped a blood thinner
- 🍽️ You ate within the sedation fasting window
- 🚗 You do not have a driver (if getting IV sedation)

**S.P.I.N.E. Center Chesterfield: 314-557-3472**