

Center for Spine Health | Main Campus, S building, 7th floor, Desk S70

You will be scheduled for injections with: _____

Scheduled appointment date and time: _____

- You will be called by the Center for Spine Health 1-2 business days before your appointment to re-schedule if your insurance is not approved. Some insurance companies may take up to 30 days for approval.
- Please arrive 30 minutes before your scheduled appointment time.
- You will need a driver to bring you to the appointment and to take you home after the procedure. We will not perform the procedure if you do not have a driver. Your driver will remain in the waiting area while you undergo your procedure.

Pre-Procedure Instructions

- Please do not eat or drink anything for 4-6 hours before your procedure.
- Take routine morning medication, such as diabetes, high blood pressure, and heart medications with a sip of water. If your blood pressure or blood sugar is too high when you arrive, your appointment may be cancelled.
 - If you have diabetes, your blood sugar will need to be below 250mg/dL before we do the injection. The medication given during the injections tends to raise blood sugar, so you will also need to monitor your blood sugar closely after the procedure.
- If you are ill and/or taking an antibiotic, have an open wound anywhere on your body, or have had a recent dental procedure or minor surgery, call the department at 216.445.9744. You may need to reschedule your appointment.
- **If you are taking a blood thinner, please notify the department at 216.445.9744.** There are special steps that need to be done for patients on blood thinners.
 - Blood thinners include: Aspirin 325mg, Plavix, Coumadin, Pletal, Xarelto, Eloquis, Brillinta, Pradaxa and Persantine.
 - Aspirin 81 mg or “baby aspirin,” is allowed to be taken up to the day of your injection. **Do not take your aspirin 81 mg on the day of the injection until after the injection is complete**

If you have any questions or need to change your injection appointment, please call 216.445.9744.

Center for Spine Health

9500 Euclid Avenue, Cleveland, Ohio 44195
Appointments: 216.636.5860

clevelandclinic.org/spine

This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

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