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Pre-Procedure Instructions

- 1. If you are on a blood thinner (Coumadin, Warfarin, Jantoven, Plavix, and others), you cannot have an injection. Please inform the doctor or nurse if you are taking this medication. There can be serious adverse affects if we do not know all your medications
2. If you are taking medication for blood pressure or blood sugar please continue to take these medications as normal.
3. DO NOT take any product containing Aspirin for 10 days prior to the procedure
4. DO NOT take any non-steroidal anti-inflammatory medications (Advil, Ibuprofen, Aleve, Motrin, and others) for 72 hours prior to the procedure. You may take Tylenol (Acetaminophen)
5. Continue to take your prescribed medication as instructed by your doctor. Advise the doctor or nurse if you are being treated for any infection or if you fell you may be acutely sick (fever, chills, nausea, vomiting, diarrhea, etc.)
6. DO NOT eat any solid food or drink any liquids for 8 hours prior to your procedure. If you need to take prescribed medication prior to the procedure, notify your doctor or nurse and be sure to only take the medication with water
7. DO NOT have any dental work done, not even teeth cleaning 5 days prior to your procedure
8. You must arrive at the Surgery Center one (1) hour prior to your scheduled procedure
9. Please have a ride scheduled after the procedure. You will not be released from the Surgery Center without a ride home. You will not be capable of driving immediately following your procedure. You will receive anesthesia or other relaxation medications prior to your procedure and, local anesthetic used during the procedure may cause numbness and tingling impairing your ability to drive or operate machinery. You WILL NOT be released to UBER, LYFT, or another taxi service.
10. Please be certain to advise the doctor or nurse of ANY and ALL allergies that you may have
11. During the Check-in process at the Surgery Center, you will be asked to sign a Procedure Consent Form. The procedure will not happen if the Consent Form is not signed
12. Upon discharge, you will be provided with Post Procedure Instructions
13. You will be scheduled for a follow-up appointment after your procedure to discuss any concerns and to review the outcome of the procedure. This is a required appointment; please confirm with the office that your follow-up is scheduled and plan to attend the appointment.
• If you have any additional questions regarding your scheduled procedure, please contact the main office at (303) 331-6744 and speak with your doctor or nurse prior to your scheduled procedure
• Failure to arrive at the Surgery Center one (1) hour prior to your scheduled procedure may result in the cancelation or delay or your procedure
• For directions to the Surgery Center, as well as facility contact information, please visit our website or contact the clinic at (303) 331-6744

Patient Information

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_
Procedure: \_\_\_\_\_
Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Check-in Time: \_\_\_\_\_
Location: \_\_\_\_\_ Follow-up Date: \_\_\_\_\_ Time: \_\_\_\_\_

Contact Concentra to schedule follow-up



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**List of Medications that must be DISCONTINUED 10 Days Prior to Procedure**

Effient  
Rivaroxanan  
Pradaxa/Dabigatran  
Etelxilate  
Suboxone  
Aspirin  
Coumadin/Warfarin  
Heparin  
Lovenox/Enoxaparin  
Plavix/Clopidogrel  
Fragmin/Dalteparin  
Innohep/Tinzaparin  
Aggrenox/Dipyridamole

**If you are taking any of the above medications, please notify the provider at Mile High Sports and Rehabilitation immediately.** The above medications must be stopped **10 Days** before your procedure(s) and will require approval from the prescribing provider that it is appropriate to discontinue therapy prior to your procedure.

**List of Medications that must be DISCONTINUED 72 Hours Prior to Procedure**

Aleve	Percodan
Anacin	Persantine/Dipyridamole
Advil	Trental/Pentoxifyline
Celebrex/Celecoxib	Toradol/Ketorolac
Clinoril/Sulindac	Orgarin
Daypro/Oxaprozin	Lodine/Etodolac
Fiorinal/Butalbital	Motrin/Ibuprofen
Diclofenac/Cambia/Flector	Nuprin
Eliquis	Relafin/Nabumetone
Feldene/Piroxicam	Fish Oil
Ticlid/Ticlopidine Hydrochloride	Garlic
Indomethacin	Ginko
Ketorolac/Toradol	Ginseng
Mobic/Meloxicam	Glucosamine
Naproxen/Naprosym	Vitamin E
Pamprin	Voltaren/Voltarol/Cataflam/Zipsor