



**Do not eat or drink anything 4 hours prior to your injection!  
(You may have a sip of water to take your daily medications)**

**\*\*Please make us aware if you are diabetic. Your injection will be scheduled in the morning.**

**\*\*You must bring a driver; you may not drive yourself. Your driver must be present at the time of check in or your procedure will be cancelled.**

**\*\*Arrive at Spine Care of Oklahoma 15 minutes prior to your procedure.**

**\*\*Please make sure to take blood pressure and/or diabetic medications the day of your procedure with a small sip of water.**

**\*\*Please note that steroid injections will increase your blood sugar levels. Contact our office, your PCP or visit your local emergency room if your sugar levels exceed normal levels.**

**\*\*No smoking the day of your procedure!**

**All blood-thinning medications, including over the counter medications, must be discontinued 5-7 days prior to your procedure date. If you have any doubts as to whether a medication is a blood thinner, please don't hesitate to contact our office at 405-840-5100.**

Plavix/Pradaxa	Aspirin/Ecotrin/Ascriptin	Celebrex/Vioxx/Bextra	Dipyridamole
Coumadin/Warfarin	Ibuprofen/Mobic/Meloxicam	Excedrin/Bufferin	Ticlopidine
Lovenox	Advil/Motrin	Fiorinal	Aggrenox
Heparin	Naprosyn/Aleve/Naproxen	Relafen	Persantine

**\*\*If you have any type of infection, recent illness, or have been prescribed antibiotics 7-14 days prior to your injection, please notify the office at 405-840-5100 immediately. You must stop all antibiotics 14 days prior to any steroid injection. For your safety, we will not perform procedures while you are ill.**