

Pars Interventional Pain & Wellness Center

1212 Garfield Avenue, Suite 202
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(304) 865- 7277

Patient Information

1. Eat and take regular medication before you arrive.
2. Always bring a driver. Notify us when you come in for your procedure if you do not have a driver.
3. Shower or bathe especially the general area of the body where you will be receiving the injection.
4. Always take a pain pill either prescribed by physician or over the counter before leaving home. (Tylenol)
5. STOP taking any blood thinners 5 days before your visit, unless advised otherwise by your physician. (Plavix, Coumadin, Aspirin, etc.)
6. If needed PLEASE call and cancel or reschedule your appointment.
7. If any changes occur in your insurance, phone number, or address please advise the receptionist.
8. Cancel if you are ill or are recovering from any illness. If you are taking ANTIBIOTICS please inform our office because you may have to be rescheduled.
10. After injection you must wait 15 - 20 minutes in the recovery room, then you will be given your discharge instructions and your pain log.
11. Due to some circumstances your waiting time will vary. We are doing our best!
12. After your injection you may be sore when the numbing wears off. Apply ice every 2 hours for 10 minutes for the next 24 hours. On the second day you can use heat. You can take your regular pain pill or Tylenol.
13. Rest or do light duties for the rest of the day if possible, then you may resume regular activities the next day.
14. Sometimes you may feel dizzy after the injection, ride home with car seat in reclined position, this will help minimize your dizziness.

What is a blood thinner?

Officially known as anti-coagulants, blood thinners are medications used to prevent blood clots. They are usually prescribed for patients that have had a heart attack or stroke to prevent more clots from forming. Using blood thinners can also treat blood clots that are already present. They are also used for inflammation and pain.

Some examples of medications used to thin the blood are Coumadin, Heparin, Plavix, Lovenox, and Aspirin.

Other medications may be prescribed for a different purpose, but they might have the side effect of thinning the blood. Some examples of this would be Ibuprofen, Motrin, and Advil.

Remember, some herbal medications may also have this effect.

If you're unsure if any of your medications may thin the blood, ask the doctor or check with you pharmacist.

Why do you need to stop your blood thinners five days before you have a procedure done?

If you do not stop your blood thinners before you get the procedure done it could cause bleeding complications during the procedure.

Examples of medications used for pain that are okay to take include: Tylenol, Vicodin, Loritab, Tiamadol, Kadian, and Valium.

****If you forget to stop your blood thinners five days before your procedure date you must notify someone so we can reschedule your appointment.**

MEDICATIONS THAT MAY CAUSE INCREASED BLEEDING

Aleve (Naprosyn, Naproxen Sodium)

Arthrotec Voltaren (Diclofenac)

Aspirin- Ecotrin

Clinoril

Coumadin (Warfarin)

Daypro

Etodolac

Excedrine

Feldene

Indocin (Indomethacin)

Ketoprofen

Lodine

Mobic (Meloxicam)

Motrin, Advil (Ibuprofen)

Piroxicam

Plavix

Pletal (Cilostazol)

Relafen (Etodolac, Habumetone)

Ticlopidine

Toradol

Vitamin A, E, B12, Gingko, Biloba, Ginseng, Feverfew, large doses of garlic, garlic and cayenne pepper.

MEDICATIONS THAT WON'T INCREASE BLEEDING

Ambien

Celebrex

Dilaudid

Duragesic patch (fentanyl)

Flexeril

Gabapentin

Hydrocodone

Imitrex

Kadian

Lidoderm patches

Lortab, Lorcet

Lunesta

Lyrica

Oxycodone

Oxymorphone (Opana)

Percocet, Darvocet, Darvon

Salsalate

Tylenol

Vicodin

Xanax

Zanaflex

Blood pressure medications, inhalers, stomach medications, & sleep medications are OK!

Antibiotics: please call our office if you are taking