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### **Important Pre-Injection Procedure Checklist**

- **You must arrange for a driver to take you home** from the procedure center if you have sedation or certain types of procedures/injectates.
  - **No food or drink for 8 hours** before your procedure, when receiving sedation; 4 hours if no sedation. You should take any regular medication, such as blood pressure medications, with only a sip of water.
  - If you receive **IV sedation**, an adult must be with you for 12 hours after the procedure and **you cannot drive a vehicle for 24 hours. You may not travel by plane for 24-48 hours after your procedure, with or without sedation.**
  - If you are **diabetic**, you must **plan** for the pre-injection fasting and the possible post-injection, steroid induced, increase in blood sugar. Please be sure to discuss this **with your primary care physician prior to the procedure**, so that you have a plan established for managing these.
  - **Please notify our office if you are taking blood thinners of any kind, aspirin, or anti-inflammatory medications.** The decision of whether to stop taking the blood thinner before a procedure is complex. The factors to be considered include the risk of the procedure being performed vs. the risk of coming off the medication. **It is sometimes riskier to hold the anticoagulants than to do the procedure while taking them.****1, 2 PATIENTS SHOULD NOT TAKE THEMSELVES OFF ANTICOAGULANT MEDICATION WITHOUT DIRECTION FROM THEIR PRESCRIBING DOCTOR/PRACTITIONER.**
- For more information see [www.DenverBackPainSpecialists.com](http://www.DenverBackPainSpecialists.com) > Patients > Injection Information  
<https://www.denverbackpainspecialists.com/patient-resources/injection-information/>
- **Notify your Injectionist, if you have a fever or have an infection of any kind.**
  - **Notify your Injectionist, if you have an iodine, IV contrast, latex, or other pertinent allergies.**
  - **Do not have any dental work done 14 days prior to your injection.**
  - **Bring any related radiology imaging (disc/USB) including (X-rays, CT scans, and especially MRIs) to your procedure for review. Exceptions are recent imaging at Health Images, Touchstone, or Invision.**
  - **Please call Dr. Bainbridge, Dr. Trainor, Jadon Redington, PA-C, Sophie Baxter, PA-C or any of our medical assistants at (303) 327-5511 with any questions or concerns.**
  - **Please note that there will be multiple charges related the injection procedure. These charges are for the physician, facility, and the anesthesiologist/nurse anesthetist. Please call the customer service number on your insurance card, so that you are aware of your benefits, deductible, and/or any associated co-pay.**