



DOC | Miami Valley Ambulatory Surgery Center
1010 Woodman Drive, Dayton, OH 45432

Pre-op Instructions for Scheduled Injection

- NPO (nothing by mouth) 8 hours prior to your injection
- Someone must be present to drive you home if you are receiving sedation**
- All blood thinners need to be stopped at least 5 days prior to your injection (see list below)
- If you are diabetic, try to schedule your appointment in the morning. Check blood sugar. Take ½ of your AM dose of insulin
- Take all your meds with a sip of WATER on day of injection

List of medications that have blood thinning capabilities

***It is your responsibility to get clearance by your prescribing Physician to stop these medications for your scheduled injection.**

***All blood thinning meds must be stopped at least 5 days prior unless otherwise noted**

- Aspirin: 81mg is okay to take with no restriction. 325mg should be stopped 5 days prior
- Excedrin: Stop 5 days prior
- Plavix (Clopidogrel), Pletal (Cilostazol), or Persantine (Dipyridamole): 5 days prior
- Coumadin (Warfarin): Stop at least 5 days prior
- Ticlopidine (Ticlid): Stop 10 days before your appointment if medical clearance is given.
- Lovenox/Fragmin/Arixtra: Stop taking 24 hours before your appointment.
- NSAIDS (Non-steroidal anti-inflammatory drugs): Stop 5 days prior
 - Motrin (ibuprofen)
 - Mobic (meloxicam)
 - Aleve (naproxen)
 - Voltaren (diclofenac)

If you have any questions, please contact your Physician. It is your responsibility to understand your diagnosis and any treatment plan your Physician has prescribed for you.

If you think you will be late for the appointment, please call 937-252-200 x382 so arrangements can be made. Please note you may be required to reschedule depending on how the office is running at the time of the missed appointment.