

Pre-Injection Handout

Before your injection

- No blood thinners such as (Coumadin, Warfarin, Aspirin (if greater than 81mg) Heparin, Pradaxa, Debigatran, Orgaran, Innohep, Fragmin, Arixtra, Xarelta, Ticlid, Trental, Persantine, ReoPro, Prasugrel, or any other blood thinner) for 5-7 days prior to your injection, but you can bridge (substitute) with Lovenox if the last dose is taken at least 12 hours prior to your scheduled injection time. You **MUST** get this approved by your prescribing cardiologist or primary care physician beforehand. **DO NOT stop this on your own!** You may resume your medications following the procedure.
- If you are taking any antibiotics, the last pill of the medication series must be completed the day prior to your injection.
- Do not eat or drink for 4 hours prior to your scheduled injection time (regular medications may be taken with a small sip of water the morning of your injection).
- Have a driver accompany you to and from your appointment.

After your injection

- No baths, hot tubs, or swimming pools for 24 hours after the injection (showers are OK)
- You may return to your normal activities following the procedure but do not drive until the following day.
- Refrain from the use of heat over the injected site for 24 hours
- You may use an ice pack wrapped in a towel over the area that was injected for 15-20 minutes at a time several times a day as needed.
- A pain log will be provided to you please fill this out and bring it to your next appointment as this is critical to your plan of care!