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BOARD CERTIFIED PM&R, PAIN MEDICINE, ELECTRODIAGNOSTIC MEDICINE

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NONSURGICAL ORTHOPEDICS, INTERVENTIONAL SPINE PROCEDURES, SPORTS MEDICINE,  
ELECTRODIAGNOSIS, OCCUPATIONAL MEDICINE, PAIN MANAGEMENT, REHABILITATION

**Your Instructions for your procedure are as follows:**

Please put this sheet somewhere to remind yourself for reference!

1. No food or drink for 8 hours (6 hours for Belmar) before your procedure
2. No clear liquids for 6 hours before your procedure
3. If you are an insulin dependent diabetic please take half of your dosage in the morning
4. You may take your prescribed medications or supplements that are not on the list of medications to discontinue the morning before with a small bit of water
5. Please stop all medications on the attached list by (5 Days Before Injection)  
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6. Shower or bathe the morning of your procedure, do not use lotions, makeup, or perfumes.
7. Wear loose fitting clothing
8. Be sure to have someone to **drive you and pick you up** for your procedure
9. You should not do anything strenuous the 24 hours following the procedure. If you need a work excuse, please let the office know ASAP
10. **Providers will not be able to prescribe regular prescribed medications at the surgery center, please schedule a appointment if you need medications.**
11. If you have any questions regarding these instructions please call the office at 303.238.4277
12. **If the scheduled procedure cannot be confirmed within 48 hours of the scheduled date, we will reschedule your appointment to another date**

**If you need to cancel this procedure please contact us ASAP, there is a late notice cancellation fee of \$150 if you do not cancel within 48 hours.**