



Procedure Appointment Confirmation

5665 Lowery Road, Suite 100
Norfolk, VA 23502

(757) 422.2966
(757) 422-4563 Fax

1788 Republic Road
Virginia Beach, VA 23454

Date:

Dear:

You have been scheduled for an outpatient procedure with APM Spine and Sports Physicians. You will need to arrive at the office 30 minutes early.

Procedure DATE:	
Procedure TIME:	
PHYSICIAN:	
LOCATION:	

- Due to the risk of bleeding around the spine certain medications may need to be stopped. If you are taking anti-inflammatory medications such as ibuprofen or naproxen please stop taking these for at least 7 days. (At the time of scheduling you may be instructed to hold these for longer than 7 days). A list of anti-inflammatory medications as well as blood thinners is enclosed.
- **If you are taking anti-coagulants (blood thinning medications) such as aspirin, Plavix, Coumadin or any other blood thinners (see enclosed list) please contact our office for instructions on stopping these medications prior to the procedure.**
- Most anticoagulation medication like aspirin, Coumadin and Plavix is prescribed for the prevention of strokes, heart attacks or blood clots. Stopping these medications temporarily carries some risks. You may need to discuss these risks with your physician who prescribed the anticoagulation medications prior to stopping them. **Please do not stop these anticoagulant medications without specific instructions from our office.**
- **If blood work is required**, we will notify you at the time your procedure is scheduled. Please remain in contact with us regarding the location your blood work was performed. We will need to obtain the results prior to your procedure.
- **Please eat normally on the day of your procedure, and be sure to drink plenty of water in order to stay well hydrated.** For procedures requiring conscious sedation (you will be notified if this is the case), do not eat for six (6) hours before the procedure. However we do need you to remain hydrated and are encouraged to drink clear liquids such as water, Gatorade, or apple juice right up to the time of the procedure. Please take your medication the day of the procedure unless advised otherwise.
- **For safety reasons, we require that you have someone drive you home from your procedure.**

If you have any questions concerning your procedure, please do not hesitate to contact us at (757) 422-2966.

Thank you,

APM Spine and Sports Physician's Staff

PRE-PROCEDURE PATIENT GUIDELINES
Prescribed and Over the Counter Medications

Although not a complete listing, the following medications contain some blood thinning qualities.

ADVIL	DARVON COMPOUND	NORGESIC
AGGRENOX	DAYPRO	PERCODAN
ALKA SELTZER	DOAN'S PILL	PEPTO BISMOL
ALEVE	DRISTAN	PERSANTINE
ANACIN	ECOTRIN	PLAVIX
A.P.C	EMPRAZIL	PLETAL
ASCODEEN-30	EMPIRIN	RELAFEN
ASCRIPIN	EQUAGISIC	ROBAXIN
ASPERGUM	EXCEDRIN	SINE-AID
ASPIRIN	FELDNE	SINE-OFF
ASPIRIN SUPPOSITORIES	FIORINAL	SINUTAB
BAYER ASPIRIN	FISH OIL	SK65 COUMPOUND CAPS
BC POWDER	GOODIES POWDER	STERO-DARVON/ASA
BUFF-A-COMP	HEPARIN	SYNALGOS DC
BUFFADYNE	IBUPROFEN	TICLID
BUFFERIN	INDOCIN	TICLOPIDINE
BUTALBITAL	LODINE	TOLECTIN
CLINORIL	LOVENOX	TORADOL
CLOPIDOGREL	MIDOL	TRENTAL
CONGESPIRIN	MIRADON	TRIMCINALONE
COPE	MONACET WITH CODEINE	VANQUISH
CORIDICIN	MOTIRN	VOLTAREN
COUMADIN	NAPROSYN	WARFARIN

Generally, Tylenol (acetaminophen) is permitted prior to the procedure as long as you do not have any medical issues prohibiting you from taking this medicine.

Your cooperation with the precautions will help prevent bleeding complications during your procedure.

Thank you,

APM Spine and Sports Physician's Staff