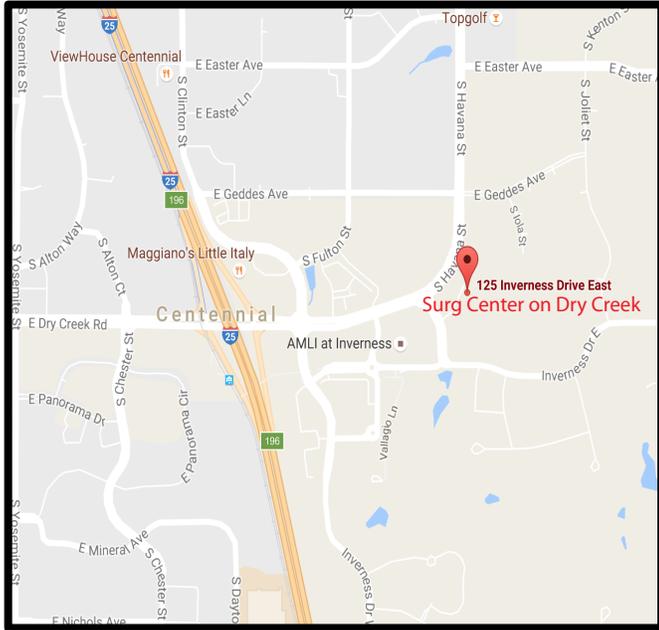


Your procedure is scheduled at:

SURG CENTER ON DRY CREEK

125 Inverness Drive, Suite E, Englewood CO 80112



BEFORE YOUR PROCEDURE:

Surg Center on Dry Creek will make an attempt to call you 1 or 2 days before your scheduled procedure to review instructions:

Eating and Drinking:

- * Patients may have a meal (any solid food, milk, etc...) up to 8 hours before the planned procedure
- * Patients may take clear liquids (water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee. * No alcohol) up to 4 hours before the scheduled procedure.
- * Nothing should be taken by mouth within 4 hours of the planned procedure.

Arrival:

- * Please arrive 60 minutes prior to your procedure. This will allow us to verify your medical information and provide you with details on your procedure. You will also meet with the physician and pertinent staff members to answer any questions you may have.
- * One of our clinical staff will call you the day before your procedure to discuss the procedure and any medical concerns such as diabetes, anticoagulants therapy, if you have an active infection, or may be pregnant.
- * If you are on blood thinners, check with your referring physician regarding holding these medications prior to your procedure. You should plan on not returning to work the day of the procedure.
- * Wear loose, comfortable clothing. Please leave valuables and jewelry at home. If you wear glasses bring a case with you.
- * Please bring your insurance card and a personal identification card/driver license with you.
- * Bring with you a list of any medications or herbal supplements you are taking and their dosages.
- * Take your usual morning medications with only a sip of water.
- * Try not to take non-steroidal medications, (i.e. Motrin/Advil /ibuprofen /Aleve/naproxen) for at least 3 days prior to your procedure.
- * Aspirin should be held for 5 days prior to the procedure. Tylenol and pain medications with Tylenol may be taken

- * Coumadin may be stopped or adjusted by the physician who is prescribing that medication.
- * Self-pay patients will be required to pay for services before the admission before the scheduled procedure.
- * If you need to cancel or reschedule, please call Injury Solutions (not Surg Center on Dry Creek) at least **48 hours** prior to the procedure to avoid a cancellation fee.

AFTER YOUR PROCEDURE:

- * If you receive sedative medications, you must have a responsible adult drive you home and preferably stay with you. Taxicabs can be used only if you have someone in addition to the taxi driver accompany you.
- * You should not drive, drink alcohol, sign any important legal documents or operating heavy equipment the day of receiving sedation.
- * After your procedure, you will spend approximately 30 minutes in the PACU. If the procedure is diagnostic we will ask you to assess your pain after the procedure. This is very important to diagnose and isolate your pain. You may experience some normal side effects of anesthesia.
- * After your procedure resume a normal diet and your normal medication schedule. Have an adult stay with you for the next twelve (12) hours and take it easy.
- * You may return to work and resume all of your previous activities, including physical therapy and driving the day following your procedure. We typically inject a local anesthetic (ie Novacaine) in order to obtain the best diagnostic testing data. As a result, numbness and/or weakness may occur temporarily. Do not try to stand without assistance after your procedure. Be very careful when standing or walking for the entire rest of the day. These symptoms will resolve when the local anesthetic wears off.
- * Though we use the smallest needle possible for your procedure, it must travel through the skin, muscle and deeper tissue to reach our precise target, so it is possible that you may have mild soreness at the injection site(s). If you experience this, ice the area ten minutes at a time for the first three hours following the procedure, and then as needed. If you experience significant worsening of pain following a procedure, or any signs of infection, please call Injury Solutions or Surg Center on Dry Creek.
- * If you are in severe pain, or have any other issues you are concerned might be serious, please call 911 or proceed to the closest Emergency Room.
- * If you receive steroid medication in your injection, the goal is improvement in your usual pain symptoms, typically beginning ~ 1-3 days, but sometimes taking 10-14 days for the medication to take effect.
- * Although most patients do not have side effects from steroids, the following are possible: sweating, flushing, palpitations, increased heart rate, insomnia, anxiety, headache, menstrual changes, upset stomach, frequent urination, and slight fever with flu like symptoms. If any of these occur, typically they last only a day or two. If any of these side effects become significant or persist longer than three days, please contact Injury Solutions. Diabetic patients who receive steroids may have an increase in their blood sugar levels from the steroid. Check your sugars more frequently after the procedure and/or ask your physician how to adjust your medication after the procedure.

Thank you for your cooperation. If you have any questions, please call.

We look forward to treating you!

Sincerely,
The providers and staff at Injury Solutions

* Adapted, in part, from practice guidelines by the American Society of Anesthesiologists © 2011 and the European Society of Anesthesiology ©