

## Pre-procedure Patient Instructions

1. Please arrive at least 15 minutes prior to your scheduled procedure time.

If you are more than 15 minutes late then you will have to wait until the next opening in the procedure schedule to have your procedure.

*Call at least 24 hours prior to procedure if you need to cancel.*

2. You **must** have a designated driver to take you home. If there is a possible driver-related issue, please speak to our office staff about arranging transportation for you.

3. Make Dr. Chapman aware if you take a *blood thinner* such as Plavix®, Coumadin®, Lovenox®, Ticlid®, Aggrenox®, or other.

*If you take blood thinning medication, ask our office for the form **Request to Stop Anticoagulants**. Your physician who prescribes the blood thinner must complete this form for our office.*

You do not need to stop Aspirin.

4. You may take any prescription medications the day of the procedure with sips of water.

**Diabetic patients:** Do not take any insulin prior to coming to the clinic. Please bring your insulin testing supplies with you.

**Asthma patients:** Please bring your inhaler(s).

5. Take nothing by mouth after midnight the night before your procedure. If your procedure is in the afternoon, you may have a light breakfast until 8 am, after which time you will not take anything by mouth.
6. If you are not having sedation for the procedure, you can eat normally the day of the procedure. You do not need to have anesthesia for the procedure. Please notify our staff of your preference.
7. Please bathe or shower the night before or the morning of your procedure. This will help to keep your injection site clean.
8. Wear loose fitting, comfortable clothing that can easily be stored.

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