

Vermont Interventional Spine Center
356 Mountain View Drive, Suite 200
Colchester, Vermont 05446
(802) 655-9798

Procedure Rules

Please Read Carefully!!

****We will be unable to perform any procedure unless you have a driver who will be responsible for you during your post-procedure time!**

****If you are having a cervical (neck) procedure it is important for you to have nothing to eat or drink for at least 6 hours prior to your appointment (a few sips of water to take medications is ok).**

****It is important *for your safety* that you *contact our office* if you have had any of the following:**

- A) Fever, infection or have taken antibiotics in the two weeks prior to your procedure appointment
- B) Have had dental work of any kind (including cleaning) 72 hours prior to your procedure appointment.

Please discontinue use of the following medications 7 days prior to any procedure:

Aspirin, Feldene (Piroxicam), Excedrin, Vitamin E, Fish Oil, Garlic tabs, Red Yeast Rice

Please discontinue use of the following medications 5 days prior to any procedure:

- 1) Non-Steroidal Anti-inflammatory such as Ibuprofen, Motrin, Advil, Aleve (Naproxen/Naprosyn), Mobic (Meloxicam), Oxaprozin (DayPro), Lodine (Etodolac), Relafen (Nabumetone), Arthrotec (Diclofenac/ Misoprostol), Voltaren (Diclofenac), Sulindac, Indomethacin (Indocin), Diflunisal (Dolobid).
- 2) *ALL* Herbal, Natural and Vitamin Supplements
- 3) **YOU DO NOT NEED TO STOP** Tylenol (Acetaminophen), Gabapentin (Neurontin), Lyrica, Celebrex, Ultram (Tramadol) or any Opioids (Hydrocodone, Oxycodone, Morphine, etc.).

STOP Anticoagulants/Antiplatelets and Platelet Aggregation Inhibitors

Contact your doctor or cardiologist prior to stopping any of the anti-coagulants listed below

Coumadin (Warfarin) – 5 Days before procedure (PT/INR needed within 24 hrs prior to procedure)

Plavix (Clopidogrel) – 7 Days prior to procedure

Pletal (Cilostazol) – 3 Days prior to procedure

Pradaxa (Dabigatran Etexilate)- 7 days prior to procedure

Ticlid (Ticlopidine) – 14 Days prior to procedure

Lovenox (Enoxaparin Sodium) – 24 Hours prior to procedure

Aggrenox (ASA & Dipyridamole) – 7 Days prior to procedure

If you have questions about any other medications you are currently taking, please contact the office at (802) 655-9798.

Remind your Doctor of all prescription, over-the-counter medications and vitamin/herbal supplements that you are currently taking.