



Dr. Lindsey Beck's Pre-Procedure Instructions

Spine injections including transforaminal epidurals, medial branch blocks, radiofrequency ablation procedures

Caution	Failure to follow these instructions will result in your procedure being cancelled. If you have questions, or if you are unable to keep this appointment and need to cancel or reschedule, call Bella at (406) 829-5584
Procedure Location	Missoula Bone & Joint 2360 Mullan Road, Suite A Missoula, MT 59808
Pregnancy	If you are pregnant, or think you may be pregnant, please notify our staff.
Driver	You must have a driver to take you home after your procedure. You must provide your drivers full name and contact number at time of check-in.
Fasting Protocol	<ul style="list-style-type: none"> You may have nothing to eat for 6 hours prior to arrival at the clinic. Jell-O, broth, and candy are considered solid food and require a 4 hours fast. You may have clear liquids up to 2 hours prior to arrival at the clinic. Clear liquids include; water, clear fruit juice (no pulp), carbonated beverages, ice, black coffee, black tea (no milk or cream). No beverages containing alcohol.
Blood Pressure Medication	If you take blood pressure medication, do not stop. Take you BP medications as usual the morning of your procedure with a sip of water at least 2 hours prior to arrival.
Blood Thinners	<p>If you were taking BLOOD THINNING MEDICATIONS, for your safety, it is recommended that you hold these prior to your procedure. <u>You MUST check with your prescribing physician or anticoagulation clinic for specific recommendations prior to stopping these medications.</u> The following are general guidelines:</p> <ul style="list-style-type: none"> Plavix (Clopidogrel) and Effient (Prasugrel) should be held for 7 days. Coumadin (Warfarin) should be held for five days. You will need an INR drawn the day of, or the day prior to scheduled procedure. Please arrive at the outpatient lab at St. Patrick's Hospital, 500 W. Broadway, Missoula, Montana, 59802 (located on the second floor) 4 hours prior to your scheduled procedure. Brilinta (Ticagrelor) and Ticlid (Ticlopidine) should be held for 5 days prior. Arixtra (Fondaparinux Sodium) and Pradaxa (Dabigatran Etexilate) should be held for 4 days. Eliquis (Apixaban) and Xarelto (Rivaroxaban) should be held for 3 days. Lovenox (Enoxaparin) should be held for 24 hours. Heparin should be held for 8 hours.
Non-steroidal Anti-inflammatory Drugs (NSAIDs)	It is ok to continue all NSAIDs for lumbar procedures.
Antibiotics	If you are currently taking antibiotics, you must complete these entire dosage 7 days prior to your scheduled procedure. If you begin antibiotics, please contact Bella for instructions.
Travel after Procedure	Travel outside of the country is not recommended for 4 days after your procedure.
Fever, chills or rash	If you experience any fever, chills, rash, or open wounds during the one week prior to your procedure, please contact Bella (406) 829-5584