

Instructions for Fluoroscopy Procedure

Why is it important to follow these instructions?

Follow the instructions below so that your procedure can proceed as planned. If the following have not been done, your procedure may need to be cancelled.

How should I prepare in the weeks before my procedure?

Blood thinners:

These need special planning for 7 -10 days before the procedure. Make sure to give yourself time before the procedure to tell the staff if you are taking blood thinners including:

- aspirin
- Plavix® (clopidogrel) or
- Ticlid® (ticlopidine)
- Eliquis® (Apixaban)
- Pradaxa® (Dabigatran)
- Effient® (Prasugrel)
- Xarelto® (Rivaroxaban)
- Brilinta® (Ticagrelor)
- Coumadin® (Warfarin)

Change in health:

Call the clinic if you have had any change in your health, such as:

- Cold
- Treatment for an infection
- Stomach problems
- Urinary tract infection
- Dental sore
- Taken antibiotics in the last 10 days
- Recent episode of chest pain or difficulty breathing.
- Fever

Pregnancy:

Please notify the nurse or physician if there is any chance you may be pregnant before the procedure.

Patients with diabetes:

A good time to schedule your procedure is:

- Morning so breakfast can be eaten shortly after the procedure and the medications taken or,
- Afternoon so you can have an early breakfast (6 hours before the procedure time.)

What are my instructions the day of my procedure?

Patients with diabetes:

- Check your blood sugar the morning of the procedure.
- If your blood sugar is greater than 250 at the time of your procedure it may need to be rescheduled.
- **Bring your insulin and diabetic medication** with you to take when you are able to eat.

Transportation:

You cannot operate a vehicle if you are receiving sedation or have been asked to bring a driver.

- An adult 18 or older **must** accompany you during the duration of the procedure visit and **stay** in the building.
- You can be discharged **only** to the care of a responsible adult age 18 or older.

Eating:

- If you are receiving sedation **you must not eat** (including candy, mints or gum) **six hours before your procedure.**
- You may have clear fluids up to 2 hours before your procedure (no dairy products). You can have small sips of water to take medications unless told otherwise by your provider.

Sedation:

- If you receive sedation it is light sedation. You will not be asleep for the procedure. Your input is needed for safety reasons and an assessment of the results of the procedure.

Medications:

- Take your blood pressure, heart, anxiety, breathing, pain and other medications.
- If you take any rescue medications such as inhalers, epinephrine, or nitroglycerine please **bring them** with you on the day of your procedure.

Medial Branch Block:

- If you are having a medial branch block **do not** take your pain medications. You will need to have at least a 4/10 pain for the procedure to give the appropriate diagnostic information.

How do I make sure the appointment and procedure will go smoothly?

- Check into the Pain Center 15 minutes before your scheduled time.
Follow these instructions precisely. Otherwise, it may be necessary to cancel your procedure.

Please note the following:

- Canceling or rescheduling your procedure appointment two times **requires a return visit** with the doctor.
- If you do not show up or cancel your appointment more than once, with less than a 24-hour notice, it will not be rescheduled. Diagnostic procedures do not count as same day cancels.
- If you are 15 minutes or more late for your procedure, you may need to reschedule.

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