

Instructions for Injections

Center for Spine Health | Main Campus, S building, 7th floor, Desk S70

You will be scheduled for injections with:	
Scheduled appointment date and time:	

- You will be called by the Center for Spine Health 1-2 business days before your appointment to re-schedule if your insurance is not approved. Some insurance companies may take up to 30 days for approval.
- Please arrive 30 minutes before your scheduled appointment time.
- You will need a driver to bring you to the appointment and to take you home after the procedure. We
 will not perform the procedure if you do not have a driver. Your driver will remain in the waiting area
 while you undergo your procedure.

Pre-Procedure Instructions

- Please do not eat or drink anything for 4-6 hours before your procedure.
- Take routine morning medication, such as diabetes, high blood pressure, and heart medications with a sip of water. If your blood pressure or blood sugar is too high when you arrive, your appointment may be cancelled.
 - If you have diabetes, your blood sugar will need to be below 250mg/dL before we do the injection. The medication given during the injections tends to raise blood sugar, so you will also need to monitor your blood sugar closely after the procedure.
- If you are ill and/or taking an antibiotic, have an open wound anywhere on your body, or have had a recent dental procedure or minor surgery, call the department at 216.445.9744. You may need to reschedule your appointment.
- If you are taking a blood thinner, please notify the department at 216.445.9744. There are special steps that need to be done for patients on blood thinners.
 - Blood thinners include: Aspirin 325mg,
 Plavix, Coumadin, Pletal, Xarelto, Eloquis,
 Brillinta, Pradaxa and Persantine.
 - Aspirin 81 mg or "baby aspirin," is allowed to be taken up to the day of your injection.
 Do not take your aspirin 81 mg on the day of the injection until after the injection is complete

If you have any questions or need to change your injection appointment, please call 216.445.9744.

Center for Spine Health

9500 Euclid Avenue, Cleveland, Ohio 44195 Appointments: 216.636.5860

clevelandclinic.org/spine

This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

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