



## Getting ready for your Injections at New Mexico Surgery Center Orthopaedics, Pain Department without IV Sedation

### **Helpful Information:**

#### **Drivers/Aftercare:**

- All patients **must** have a driver to bring them to the injection appointment and home from the appointment.
- You may use medical transport if you have a home support person you can rely on for assistance if needed.

#### **Fasting:**

- If you are having a procedure *without* IV sedation you **are not** required to fast. Some doctor offices require fasting for certain procedures such as procedures performed on your neck. Please contact your doctor's office to see if this applies to you.

#### **Antibiotic Use:**

- If you are on antibiotics for infection, you will be rescheduled until after completion of the full course of your medication with a wait period of 3 days to 2 weeks post-completion. The post-completion period is at the discretion of your provider.

#### **Diabetes:**

- If you are having a procedure on your **neck**, please contact your doctor's office to for instructions on fasting requirements.
  - This includes nothing by mouth 8 hours prior to your procedure with the exemption of clear liquids such as black coffee, tea, and water up to 2 hours before your appointment (no cream or sugar). You may take your morning medications up to 2 hours before (except blood thinners and diabetic medications that require food).
- If your procedure is on a part of the body other than your neck, you may eat and drink normally. If you are a diabetic, it is recommended to eat a low carbohydrate, low sugar, and high protein diet. A blood glucose finger stick will be performed in the pain department and results must be within normal limits (<200mg/dL) for injections to take place.

**Blood thinning medication:**

- Blood thinning medication should be held per instructions from your provider.

**Pacemakers:**

- If you have a pacemaker and/or defibrillator in your heart, clearance for certain procedures is required from your cardiologist before the procedure can take place. Be sure to tell the providers if you have a pacemaker and/or defibrillator.

**COVID Safe Practices:**

- If you develop a fever or illness, please contact your provider and/or NMSCO for further direction in regards to your injection.

**1 Day before Your Appointment:**

- You will receive a phone call from a nurse to make sure you're feeling well for the procedure and to answer any further non-emergent questions that may have come up over the week. We will make sure, to the best of our ability, that you are informed and comfortable for your procedure. The NMSCO schedulers will call to inform you of any time changes they make.