

**Gulf Coast Pain Specialists, PLLC**

**Dr. Salman Mian MD**

**P: 281-464-7246**

**F: 281-464-3334**

## **PREPARING FOR A PROCEDURE**

Regardless of which procedure you will be experiencing, the preparation is generally the same.

1. Patients should not eat or drink anything for at least eight hours prior to the appointment time. Diabetic patients may be given special instructions regarding fasting before a procedure.
2. If you take any type of medication for high blood pressure, a heart condition, asthma, acid reflux, or seizures you should take that medication with a small amount of water at the usual time.
3. It is very important that you tell the doctor about every prescription, over-the-counter, vitamin, and herbal medications you are taking. The doctor may want you to discontinue some of these medications for a few days or longer prior to your procedure to minimize the chance for a bleeding complication.
4. All patients should try to arrange for transportation home with a friend or family member. A taxi driver or car service is not an acceptable ride home for patients who have received sedation for their procedure. If you do not receive intravenous sedation you will be allowed to drive home.
5. Please tell doctor if you are taking NSAID's (anti-inflammatories) or blood thinners (Aspirin, Plavix, coumadin, heparin) because he will ask you to stop taking these medications for 1 week before procedure or after clearance from Primary care provider (if applicable).