



COMPREHENSIVE PAIN MANAGEMENT SPECIALISTS

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CPMS Pre-Procedure Instructions

You have an upcoming procedure at our Rancho Bernardo Clinic.

What to expect before your scheduled procedure:

- You may continue with your regularly scheduled medications with the exception to blood thinning medications.
 - Ex: Aspirin (greater than 325 mg/daily), Plavix, Coumadin, Ticlid, Aggrenox and Lovenox
- If taking Blood Thinning Medications: ***Be sure to notify our office immediately if you are taking these medications as it may affect your appointment date.***
- Drinking or eating before procedure is allowed but please be aware that you may be lying down in a fixed position for more than 15 minutes at a time.
- All procedures require a driver to and from the office if you require Valium. If you are unable to bring a driver for your appointment it may be rescheduled to a date when one can be obtained.
- If Valium has been recommended to you by your provider please take two tablets 45 minutes prior to the procedure with an 8 oz. glass of water in order for the medication to be absorbed in your system properly. Repeat one tablet 15 minutes after first dose
ONLY AS NEEDED

Note: Valium is a pre operative sedative and when taken may cause dizziness, drowsiness, impaired alertness or slurred speech. Please take with caution.

I have read and understand my pre-procedure instructions.

Patient Name (Print)

DOB

Patient Signature

Date