



TARPON, P.A.

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**Your Physician has ordered a procedure for you. Please understand that your insurance may require prior authorization.**

Please read these instructions carefully as they are important and failure to comply may result in the cancellation of your procedure.

Payment will be required by noon 2 business days prior to your procedure. You will be contacted with an estimate if anything is owed for the Physician's fee. The Facility fee will be separate from the Physician's fee and you will be contacted by the facility prior to your procedure date if they have a cost involved. Procedures are performed at the following locations depending on insurance and availability:

Ambulatory Surgical Institute of Dallas  
17051 Dallas Parkway, Suite 100  
Addison, TX 75001  
972-234-4740

Baylor Surgicare of North Garland  
7150 North George Bush Hwy  
Garland, TX 75044  
214-703-1800

Park Ambulatory Surgery Center  
5055 W. Park Blvd., Suite 800  
Plano, TX 75093  
214-299-7010

Please take into consideration that you will need to have stopped taking blood-thinning medications 7 days prior to your procedure. A list of these medications is available on our website.

- You will need to ARRIVE 60 minutes prior to your scheduled procedure time.
- If your procedure will be performed with sedation, you MUST HAVE A RIDE HOME THAT WILL STAY WITH YOU during the procedure. Therefore, you must make transportation arrangements prior to your procedure date. If you will be using Uber or any alternate transportation you still need to have a person with you to accompany you home.
- DO NOT EAT OR DRINK anything for at least EIGHT HOURS prior to your scheduled procedure time. THIS INCLUDES GUM, MINTS, OR CANDY.

If you have any questions please feel free to contact our office at 972-596-1059.

# PROCEDURE PRE-OP INSTRUCTIONS

**ALL PATIENTS SCHEDULED FOR PROCEDURES SHOULD ARRIVE 60 MINUTES PRIOR TO THEIR SCHEDULED PROCEDURE TIME AND MUST HAVE A RIDE HOME EVEN IF THE PROCEDURE IS WITHOUT ANESTHESIA. ALSO, PATIENTS THAT ARRIVE MORE THAN 20 MINUTES LATE FOR THEIR SCHEDULED CHECK-IN TIME MAY RESULT IN THEIR PROCEDURE BEING RESCHEDULED FOR A LATER TIME OR DAY.**

- 1 **DO NOT EAT OR DRINK** anything for **EIGHT** hours before your scheduled procedure. **PLEASE BRING A LIST OF ALL MEDICATIONS INCLUDING DOSAGE AND FREQUENCY WITH YOU TO YOUR APPOINTMENT.** For all injections, you must be off of aspirin products, any blood thinners, or anti-inflammatory (such as **plavix/coumadin/warfarin** and including any over the counter anti-inflammatory) for **SEVEN DAYS PRIOR** to your injection.  
**(MOBIC, TYLENOL, AND CELEBREX ARE OK TO CONTINUE TAKING).**
  - For patients taking Coumadin/Warfarin /Aggrenox, you must be cleared by your prescribing physician to discontinue these medications before your injection. A PT/INR will need to be done the day prior to your injection and sent to our office. If the INR has not returned to normal by the day of your injection we will have to postpone your procedure until we have a normal INR.
  - If you normally take **BLOOD PRESSURE MEDICATION** in the mornings, please take only that medication as early as possible the morning of your procedure with the smallest sip of water.
- 2 If you are having sedation, your procedure will be performed under twilight sedation. You will be given some medicine to keep you comfortable. You may feel a mild ache or a pressure sensation where the doctor is working. This is normal and should not last long. After the procedure, you may have a little numbness or weakness from this. This is normal and should not last longer than a few hours. Because of this, you **MUST HAVE SOMEONE DRIVE YOU HOME (TAXI CABS AND PUBLIC TRANSPORTATION ARE NOT ALLOWED). YOUR DRIVER MUST ALSO STAY AT THE PROCEDURE CENTER WHILE YOU ARE HAVING YOUR PROCEDURE. YOU SHOULD NOT DRIVE THE DAY OF YOUR INJECTION.** It is best to have someone stay with you for 24 hours after the procedure.
- 3 At home, take it easy for the rest of the day. Everyone heals at a different rate. Some people get complete pain relief and some only get a little improvement. If you experience soreness at the injection site, apply an ice pack to the area. Infrequently, patients experience more severe side effects. If you experience any fever, headache, or swelling, numbness or weakness in your legs that last more than a few hours after your procedure, **CALL TARPON, P.A.,** not your treating physician.
- 4 Be prepared for potential schedule changes and/or delays due to the fact that our physicians here at Tarpon, P.A. strive to give the utmost care and consideration to each and every patient in their care. You will receive a call from the procedure center a day or two prior to your scheduled procedure date confirming your check-in time.

**TARPON, P.A. IS NOT RESPONSIBLE FOR THE LOSS OF ANY PERSONAL PROPERTY. PLEASE LEAVE ALL PERSONAL BELONGINGS AT HOME OR WITH YOUR FAMILY MEMBER.**

**Please call our office at (972) 596-1059 if you have any questions regarding these instructions.**

**THESE MEDICATIONS NEED TO BE STOPPED 7 DAYS PRIOR TO YOUR PROCEDURE  
UNLESS YOU ARE INFORMED OTHERWISE:**

**Salicilates**

- Asprin (baby)
- Dolobid (Diflunisal)
- Trillisate
- BC Powder
- Aggrenox (dipyridamole)

**Actual Blood Thinners**

- Coumadin (Warfarin)
- Lovenox (Enoxaparin)
- Plavix (Clopidogrel)
- Persantine (Dipyridamole)
- Pradaxa(Dabigatran, Etexilate)
- Effient (prasugrel)
- Brilinta (Ticagrelor)
- Iprivask(desirudin)
- Eliquis(apixaban)
- ReoPro(Abciximab)
- Ticlid (Ticagrelor)
- Zontivity(vorapaxar)
- Pletal (cilostazol)
- Agrylin (Anagrelide)
- Angiomax(bivalirudin)
- Fragmin(dalteparin)
- Arixtra(fondaparinux)
- Refludan(lepirudin)
- Xarelto(rivaroxaban)
- Integrilin(Eptifibatide)
- Aggrestat(tirofiban)

**NSAIDS**

- Ibuprofen (Motrin,Rufen, Nuprin, Advil, Medipren)
- Naproxen sodium (Anaprox, Aleve, Midol,Vimovo)
- Voltaren(Diclofenac)
- Felden(Piroxicam)
- Zipzor (Diclofenac)
- Fenoprofen(Nalfon)
- Eliquis(apixaban)
- Lodine (Etodolac)
- Relafen (Nabumetone)
- Naprosyn (Naproxen)
- Orudis (ketoprofen)
- Toradol (Ketorolac)
- Daypro (Oxaprozin)
- Indocin(Indomethacin)
- Cataflam (Diclofenac Pottassium)

**\*\*\*PLEASE NOTE THIS IS NOT AN EXHAUSTIVE LIST OF BLOOD-THINNING MEDICATIONS. IF YOU HAVE  
QUESTIONS ABOUT ANY OF YOUR BLOOD-THINNING MEDICATIONS, PLEASE CONTACT OUR OFFICE  
AND SELECT THE OPTION TO SPEAK WITH A NURSE.\*\*\***