

**Sentara Martha Jefferson Orthopedics
Advanced Back and Neck Care
Procedure Instructions**

Date of Procedure: _____

Arrival Time: _____

- Unless you have been told differently by Dr. McGowan, **you will not be able to drive home following your procedure**, so please make sure you have someone to give you a ride
- On the morning of your procedure, you should take all your regular medications **except for blood thinning medications** (such as Coumadin, Plavix, Pradaxa, Eliquis, Xarelto, etc). If you take blood thinning medications, please make sure you have informed our office so that we may instruct you as to whether or not your blood thinner will need to be stopped before the procedure
- If you arrive more than 15 minutes late for your procedure, we may need to reschedule

If you are receiving sedation for your procedure:

- You should have **no solid food for 8 hours** before your procedure
- You should have **no milk, orange juice, or soda for 8 hours** before your procedure
- You can have clear liquids (water, black coffee, Gatorade, apple juice) up to 2 hours before your procedure
- If you take medication for diabetes, this medication may need to be held the morning of your procedure if you will not be eating. Please contact the doctor who prescribes you this medication for advice regarding this issue

Please contact our office at 434-654-5575 with any questions regarding the above instructions.