

☐ You are scheduled for an epidural injection on this date: _____

BEFORE YOUR PROCEDURE

- You will receive a reminder call before your procedure.
- You **must have a driver** to take you home from your procedure.
- Wear **loose, comfortable clothing**, avoiding belts and zippers.
- You **may eat a light meal** before you come to your procedure.
- You may take your normal medications unless your provider told you not to.

MEDICATION INSTRUCTIONS:

Please **stop taking these 7 days before your procedure:**

- Aleve
- Ibuprofen (Advil, Motrin)
- Naproxen
- Aspirin
- Fish Oil
- Herbal supplements

If you take blood-thinning medications:

- You may need to **stop these before your injection.**
 - Your care team will tell you which **medications to change or to hold, if necessary:**
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Vaccines:

- Do **not** get a COVID, flu, or pneumonia vaccine or booster **within 2 weeks before your injection.** This helps prevent impaired vaccine response and reduce infection risks.

WHEN TO CONTACT US:

- If you develop an open wound or infection.
- If you have a cough, cold, or other breathing problems.
- If you've been instructed to start taking antibiotics or steroids.
- If you've had steroids in the last 6 months.

You may call our **Surgery Center** at **712-542-8349** during office hours. Or after hours, you may call **712-542-8211** to speak with a nurse.