



COMPREHENSIVE PAIN
MANAGEMENT SPECIALISTS

P.O. Box 501724, San Diego, CA 92150
Phone 858.453.7700 Fax 858.798.1225

Pre-Procedure Instructions:

You will be having an upcoming procedure at either our La Jolla office or Poway office!

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 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 the physician or physician's assistant please take 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.
 - Directions: Take two tablets 45 minutes prior to procedure. 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.

If you have questions regarding the procedure or following please call our office immediately at 858.453.7700