



MARYLAND PAIN & WELLNESS CENTER, P.A.
PREPARING FOR A PROCEDURE

If you are scheduled for a procedure, please do not eat for six hours before your scheduled appointment time. You may have clear liquids for up to two hours before your appointment. Clear liquids include water, fruit juices without pulp, carbonated beverages, clear tea and black coffee.

Discontinue any pain medications, unless instructed otherwise, four hours before your appointment time. Do continue to take all other prescribed medications with a small sip of water and bring all medications with you to appointments.

If you are taking blood-thinning medications, such as Coumadin, Plavix, Pradaxa or Eliquis, please tell the appointment scheduler so you can receive specific instructions.

If you have diabetes, every effort will be made to offer you a morning appointment. If you take insulin, do bring it with you. If necessary, your blood glucose level will be checked once you arrive for your appointment. You can expect the appointment to last two to three hours.

Please make arrangements for a responsible adult to drive you home after the procedure. The medication given during the procedure may cause drowsiness, making it unsafe for you to drive or operate machinery so you should not drive or operate machinery for at least eight hours after the procedure.