



YOUR PROCEDURE CHECKLIST

Before the procedure

- You will be contacted by Joondalup Health Campus staff with details of your admission.
- Before the procedure, we suggest you already make an appointment with your GP for about five days after the procedure, in case you need prescriptions or there are any problems.
- If you are unwell before the procedure and cannot proceed, please ring the pain clinic or day unit at Joondalup Health Campus **URGENTLY** during office hours.

Blood thinning medications

- **DO NOT stop** your blood thinners without **checking with your doctor first**.
- Blood thinners such as warfarin or clopidogrel (Plavix) **should be ceased FIVE DAYS before the procedure**.
- Rivaroxaban (Xarelto) **should be ceased TWO DAYS** before the procedure.
- **Aspirin** CAN be continued if needed.
- If you need to stay on blood thinners (e.g. heart valve or stents) we will arrange temporary injections.
- Please let your pain specialist know if you cannot come off your blood thinners.



On the day of your procedure

- Please bring your **medications**, x-rays or test results with you on the day.
- Your procedure will usually be performed as a **day case**.
- You will go home around **2 hours** after the procedure.

Fasting

- **MORNING PROCEDURES: FAST from midnight** (no food or milk products).
- **AFTERNOON PROCEDURES: After a light breakfast** (slice of toast, water, apple juice, tea, coffee) **FAST from 7 am**.
- You **CAN** drink small sips of water (only) **until TWO hours before you arrive at hospital**.

Your medications on the day of your procedure

- **Take your normal morning medications** with a small sip of water.
- If you are on **diabetes medications**, these may need to be reduced when you are fasting.
- Please discuss this with your pain specialist or GP if you are unsure.

Sedation

- You may be given sedation (relaxing medication) by an anaesthetist during the procedure.
- You will not be totally asleep during the procedure-every attempt will be made to ensure you feel relaxed and comfortable.
- Your anaesthetist will discuss these options with you on the day.