

**Interventional Spine and Pain Associates**  
**Dr. Ryan Whitmer**  
3106 Texas Ave S. College Station, TX 77845  
Phone & Fax: (979) 985-5489

Patient name: \_\_\_\_\_

Procedure date & time: \_\_\_\_\_

Location: \_\_\_\_\_

## **PROCEDURE INSTRUCTIONS**

- Please let Dr. Whitmer or his staff know if you have a cardiac condition and the name of your cardiologist. Failure to do so will result in a delay of your procedure.
- If you are taking a blood thinner medication, please check with Dr. Whitmer or his staff to see if your procedure requires you to stop blood thinners.
  - Before stopping any blood thinners, it is your responsibility to contact the physician prescribing the medication to you to see if you can safely stop the medication. You must get approval before stopping these medications.
  - It is our recommendation to stop blood thinners for specific procedures. Blood thinners do not need to be stopped for all procedures.
  - This is a list of the most common used blood thinner medications. Please confirm with Dr. Whitmer or his staff on the specific duration that you will need to stop your blood thinner, with approval from prescribing physician.  
**Coumadin (Warfarin) hold for 5 days, Plavix (Clopidogrel) hold for 7 days, Pradaxa (Dabigatran) hold for 4 days, Xarelto (Rivaroxaban) hold for 3 days, Eliquis (Apixaban) hold for 3 days.**
  - You may take all other medications as normal on the day of your procedure.
- In-Office Procedures: If you have been prescribed Alprazolam (Xanax) for your procedure, you must have a driver. Do not take the medication until you arrive at our office and have spoken to Dr. Whitmer or his staff, and have been consented for your procedure. If possible, wear loose fitting clothing without buttons and zippers. You will be required to remove belts, anything with metal, and shoes.
- Hospital Procedures: The hospital will contact you the week of your procedure to give you pre-op instructions. Times are subject to change.
- Please shower entire body with antimicrobial soap within 12 hours (or sooner) of your procedure time.
- If you have not been scheduled for a post-op follow up appointment, please contact our office to schedule.

**Please contact our office 48 hours in advance if you are unable to keep your appointment. Failure to do so will result in a \$100 fee payable upon next appointment.**