

# hudson

## MEDICAL

### **PRE-PROCEDURE CARE INSTRUCTIONS**

Please follow these general guidelines when anticipating a procedure at any Hudson Medical facility:

- We advise patients to wear comfortable, loose fitting clothes that will allow for easy access to the procedure site. For patients with extenuating circumstances, gowns will be provided.
- If you are taking any blood thinning medications (Plavix, Coumadin, Pradaxa, etc.) you will need to discontinue their use for at least 7 days prior to your procedure, after obtaining clearance from your prescribing physician. **DO NOT go off any blood thinners without consent from your prescribing physician.**
- If you are ill or on antibiotics on the day of your appointment, please call our office to find out if you are still able to proceed with your procedure.
- Please be advised that you must wait 2 days after the procedure before resuming any physical activity. This includes, but is not limited to, physical therapy, massage, chiropractics, acupuncture, yoga, and pilates.

Hudson Medical offers intravenous (IV) sedation for many procedures such as epidural injections, facet blocks, and radiofrequency ablations. Please ask one of our staff members if we offer IV sedation for your procedure. While IV sedation is offered for many procedures, it is not required. Please consult with your physician if you have any questions about IV sedation.

If you are planning on getting IV sedation for your procedure, please follow the guidelines below:

- Drink plenty of water the day before your procedure.
- **DO NOT** eat anything 6-8 hours before your appointment.
- Water may be consumed up to 2 hours before your appointment.

- If you are taking any daily medications, you may take them with a small sip of water.

If you have any questions leading up to your procedure, please call our office at (646) 596-7386 or email us at [info@hudsonmedical.com](mailto:info@hudsonmedical.com).