

Pre-Procedure Instructions: Spinal Cord Stimulator Trial

Please review these instructions prior to scheduling your procedure.

- For your safety, it is important for you to have an empty stomach at the time of your procedure. Please have **nothing to eat 8 hours prior to your scheduled procedure time.**

Medications:

- If you take **insulin**, use one half your usual morning dose on the day of your procedure.
- If you are taking any **blood thinners** or **anti-platelet drugs** such as Clopidogrel(Plavix), Coumadin(Warfarin), Dabigatran(Pradaxa), Rivaroxaban(Xarelto), Apixaban(Eliquis), Ticlid, Aggrenox, or other medications in this family of medication, you will need to get clearance to stop these medications from the prescribing physician. Ask our doctor for the clearance form and when to stop the medications prior to the procedure.
- If you are taking **aspirin** or any **anti-inflammatory medications** (NSIADS) such as Naprosyn (Aleve), Diclofenac, Meloxicam (Mobic), Nabumetone (Relafen), etc. you must hold these medications for 6 days prior to the trial, and through the trial.
- **Other than the medications stated above**, take your usual medication, with a sip of water, on the day of the procedure.
- Take your **pain medications as instructed.**
- You will receive an antibiotic prior to your procedure and you will be continued on oral antibiotics for the duration of the trial.

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- Bring a complete updated list of the medications that you take to your procedure, including dose.
- You will need to arrange a responsible adult to accompany you home after the procedure. A taxi/uber driver is not acceptable.
- Please dress in **loose, comfortable clothing** (ie: t-shirt and sweatpants) and leave belts and jewelry at home.
- You may have some soreness after the procedure but do not expect to have severe pain.
- If you are having anesthesia/sedation for the procedure, you may need a medical clearance form completed by your primary care physician. Ask your pain provider for a medical clearance form.
- If you have anesthesia, you may need to be awake for a short period during the trial to check lead placement. The doctor and representative from the SCS company will be asking you some questions. You should have minimal pain during this period.
- You will have a small adapter box attached with tape to your back after the procedure. You cannot get any of the equipment wet, so no showering or bath for the duration of the trial. Sponge baths are acceptable.
- The SCS trial is usually 7 days long. In some cases, it may be shorter or longer.

It is important you keep your follow up appointment. If you have any other questions, please reach us on **Klara**, our messaging app, or if it an emergency, call us at (718) 667-3577.