

# NEW JERSEY SPINE AND PAIN INSITUTE, LLC

## Joseph G.A. Ibrahim, MD, FAAPMR

Interventional Spine and pain Management

Diplomate American Board of Physical Medicine and Rehabilitation

Diplomate American Board of Pain Medicine

## Hospital affiliation:

Saint Clare's Health system, Denville, NJ

Chrit Hospital, Jersey City, NJ

Bayonne Medical Center, Bayonne, NJ

## PRE-PROCEDURE PATIENT INSTRUCTIONS

- DO NOT eat anything **at least 8 hours** before your block. Come with an empty stomach.
- DO NOT chew gum or suck on any candy.
- DO NOT take any **ASPIRIN**, or aspirin-containing medication **7 days** prior to your block.
- DO NOT take vitamin E, Motrin, Advil, Aleve, Indocin, Naprosyn or similar pain medications 3 days prior to your procedure.
- DO NOT take **PLAVIX 10 days** prior to the procedure after a discussion this with your PCP.
- DO NOT take **COUMADIN 4 days** prior to the procedure after a discussion this with your PCP.
- If you are not sure, please feel free to ask us or call your local pharmacist.
- Acetaminophen(Tylenol) is acceptable.
- DO take blood pressure pills, seizure medications, asthma medications, thyroid medications, pain medications as prescribed/scheduled with a sip of water.
- You should have an escort to drive you home due to the nature of the procedure. **THIS IS MANDATORY!!!** The driver must meet you in the Hospital or Ambulatory Surgery Center to escort you to the vehicle. They cannot wait for you in the car.
- You might require pre-procedure blood work if your procedure is a Discography, Disc Decompression, Spinal Cord Stimulator insertion or Radio Frequency ablation. If your doctor gave you a prescription for blood work the results must be sent to this office no later than two days prior to your procedure.
- IF YOU ARE HAVING A DISCOGRAPHY, you will be given a prescription for a post-discography CT Scan. Please go there immediately after the Discography, they are expecting you.
- IF YOU HAVE A LATEX ALLERGY, TELL THE DOCTOR IMMEDIATELY.
- For more information, visit our website [www.njspineandpain.com](http://www.njspineandpain.com) or call the office.

### Female Patients

- If you are pregnant or trying to get pregnant, you **MUST** inform us immediately
- Urine pregnancy test will be done prior to the procedure.

### Diabetic Patients

- If you are a DIABETIC, you need to let us know and we will schedule your procedure early in the morning.
- Take 1/2 of your long acting insulin the morning of your procedure only.
- DO NOT take any oral diabetic medications.
- Please, check your glucose (Fingerstick) at home on the procedural day

19 East 27<sup>th</sup> Street  
Bayonne, NJ 07002

Phone #201-436-0033  
Fax #201-436-0079