



AARON J. SHORES, M.D.
Interventional Pain Management

2103 Jenks Avenue • Panama City, FL 32405 • (850) 763-8000

877 Third Street, Suite 3 • Chipley, FL 32428 • (850) 638-0505

3009 4th Street • Marianna, FL 32446 • (850) 763-8000

Fax (all locations): (850) 785-1122

PRE-PROCEDURE INSTRUCTIONS

It is your responsibility to read these instructions.

1. Our office requires a 24-hour cancellation notice. Please note that if you cancel your procedure it may be several weeks before it can be rescheduled.
2. Please arrive at least thirty minutes prior to your scheduled appointment in order to allow the nursing staff enough time to complete a pre-procedure assessment. This is required to maximize your safety and help insure that your procedure starts on time.
3. **Do NOT eat or drink anything six (6) hours before your procedure.** This includes chewing gum, breath mints, cough drops or candy. You may brush your teeth and spit out the water.
4. If you are taking Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Lovenox (enoxaparin), Fragmin (dalteparin) or other like blood thinners, you must speak with your prescribing physician regarding stopping any of these medications. Our office will ask your prescribing physician if you may stop on your behalf; however, we must have clearance from your physician (primary care provider, cardiologist, vascular physician or neurologist) before your procedure can be scheduled. Clearances may be faxed to our office at (850) 785-1122. When we have received written clearance from your physician, a scheduler will contact you to schedule your procedure. Do NOT stop your blood thinner until you have been contacted by our office and advised of a procedure date and date to stop your blood thinner.
5. Stop all non-steroidal anti-inflammatory drugs (NSAIDS), or similar drugs on the list below, five (5) days before your procedure.
6. If you take heart, blood pressure, seizure, reflux or asthma medications, you may take them with a small sip of water.
7. If you have diabetes, please take HALF of your diabetes medication, whether insulin, pills, or a combination of both, on the day of your procedure, unless otherwise instructed by your primary care provider or endocrinologist.
8. Do NOT take any pain medication on the day of your procedure unless otherwise instructed by Dr. Shores.
9. If you have an implanted spinal cord stimulator or InterStim device for pelvic pain/over active bladder, please bring your hand-held remote control with you. The device may need to be turned off temporarily. If it is turned off, it can most likely be turned back on immediately after the procedure. Sometimes these devices, if left on, can interfere with certain procedural equipment. Once the device is turned off, there should be no interference and your procedure can proceed as scheduled. This does NOT apply to pacemakers, defibrillators, vagal nerve stimulators or intrathecal pumps.
10. Do NOT wear any make up, contact lenses, wallets, belts, girdles, panty hose, fake/artificial nails, nail polish or jewelry. Please leave all valuables at home. **Spine & Neuro Pain Specialists, or the facility you are having your procedure performed, will not be responsible for any lost or stolen property.**

11. You **MUST** have a driver for ALL scheduled procedures, whether you are being sedated or not. Your driver must remain in the building during your procedure. If you do not have a driver, your procedure will not be performed.
12. You should allow 2-3 hours for most procedures, from the time you check in until you are discharged. Please inform your driver. Some procedures like spinal cord stimulators and intrathecal pump implantations may take up to 6-8 hours from check in to discharge.
13. Please wear loose fitting clothing. Please **NO** white clothing or dresses. Elastic waist bands are preferred. You may be required to change into a surgical gown.
14. Please bath/shower before, and on the same day as, your procedure.
15. If you plan on receiving sedation, please arrange to have someone stay with you for at least six (6) hours after the procedure, or longer if needed. You should not be left alone.
16. If you are a female or childbearing age, you will likely be asked to submit to a pregnancy test before your procedure. If you have to urinate upon your arrival, please ask for a urine cup before going to Pre-op.
17. Please make a follow up appointment with our office approximately one week after your procedure. Exception: radiofrequency denervation and all disc procedures, including discograms, should schedule a TWO week follow up appointment.
18. If at all possible, do not bring small children or extra visitors with you to your procedure. You will not be in a position to supervise or entertain them, and some facilities have small waiting rooms.
19. *Spine & Neuro Pain Specialists* does not always have control over the scheduling of your procedure depending on which facility you use. Some facilities require your procedure to be scheduled directly with the surgery center or hospital. *Spine & Neuro Pain Specialists*, in most cases, can only request procedure times. Therefore, your scheduled appointment may be subject to change. Every effort will be made to notify you in a timely manner should this occur. If you have not been contacted with your procedure time within 24 hours of your procedure date, please call the surgical/procedural scheduling department at the hospital or surgery center directly to confirm your appointment.
20. Be courteous towards the office and procedure room staff. All staff members are there to serve you. Our goal is to provide you with the best care and experience possible. With all of the changes taking place in healthcare today, there are numerous forms that must be filled out by everyone. Some information is redundant. If you are asked to repeat certain information regarding your medical history, please comply. It will expedite your procedure.
21. Sometime procedures take longer than expected. Delays in your start time may occur despite our best efforts. Please know that we will work diligently to stay on schedule because we know your time is valuable. However, we strongly suggest that you not make any additional plans the day of the procedure in the event you are delayed. Your understanding is greatly appreciated.
22. Dr. Shores has privileges at the following facilities:
 - Bay Medical Sacred Heart, 615 N. Bonita Ave, Panama City, Florida 32405
 - Gulf Coast Regional Medical Center, 449 N. 23rd St, Panama City, Florida 32405
 - Jackson Hospital, 4250 Hospital Dr, Marianna, Florida 32446
 - Northwest Florida Community Hospital, 1360 Brickyard Rd, Chipley, Florida 32428

**FAILURE TO FOLLOW THESE INSTRUCTIONS
MAY RESULT IN YOUR PROCEDURE BEING RESCHEDULED.**

List of NSAID (Non-steroidal Anti-inflammatory Drugs) and like drugs

- Aspirin (Goody's Powders, BC Powders, Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin, Aggrenox)
- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline Salicylate (Arthropan)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Volteren, Volteren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen calcium (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Advil, Motrin, Nuprin)
- Indomethacin (Indocin, Indocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium Salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate sodium (Meclomen)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Sodium Salicylate (various analgesics)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
- Sulindac (Clinoril)
- Tolmetin sodium (Tolectin)
- Cilostazol (Pletal)

NOTE: Acetaminophen (Tylenol) is NOT on the list.