



BARRINGTON
Orthopedic Specialists
Specializing in You

Pre-Injection Instructions

Epidural Steroid Injection

Below are directions on how to prepare for your upcoming appointment for the **Epidural steroid injection**. Please read this thoroughly.

Medications: If you are on prescription blood thinners, please ensure Dr. Belcher/Dr. Tashima and staff are aware. This requires clearance from the prescribing physician to be off of prior to your injection. You will receive a call from our office to inform if your prescribing physician is ok with you holding the blood thinner. Below is a list of blood thinners that require clearance:

- Eliquis/ Apixaban
- Argatroban
- Angiomax/Bivalirun
- Pradaxa/Dabigatran
- Brilanta/ Ticagrelor
- Lovenox/ Enoxaparin Inj.
- Arixtra/Fondaparinas inj.
- Xarelto/Rivaroxaban
- Effient/Prasugrel
- Coumadin/warfarin
- Plavix/Clopidogrel
- Pletal/Cilostazol
- Savatsa/Edoxaban

You will need to be off aspirin for 5 days prior to your appointment. You will need to be off of NSAIDS (Nonsteroidal anti-inflammatory drugs) for 3 days. Below is a list of NSAIDs that will need to be held:

- Mobic/Meloxicam
- Diclofenac Sodium
- Advil
- Aleve/naproxen
- Motrin
- Ibuprofen
- Nabumetone
- Etodolac
- Daypro
- Relafen
- Arthrotec
- Cataflam

Tylenol does not need to be held.

Blood Sugars: If you are diabetic with uncontrolled blood sugars, please monitor your blood sugars prior to the injection. If they are higher than 200, the injection will not be done as the steroid can cause this to increase more.

Infection/Illness: If you have an active infection/illness or if you are taking antibiotics, please notify staff as your appointment will need to be rescheduled.

If you have any questions on how to prepare for your appointment, you can contact Dr. Belcher / Dr. Tashima's clinical team at 847-285-4310, Monday-Friday from 8:00 am- 3:30 pm.