

NEW JERSEY SPINE AND PAIN INSTITUTE, 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 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 27th Street
Bayonne, NJ 07002

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