

# Dr. Kristen E. Cardamone



11 Overlook Rd, MAC II, Suite 180, Summit, NJ 07901  
35 Olcott Square, First Floor, Bernardsville, NJ 07924  
197 Ridgedale Avenue, Suite 210, Cedar Knolls, NJ 07927  
Tel: 908-516-2941 [www.drkristencardamone.com](http://www.drkristencardamone.com) Fax: (908) 522-2207

## **PRE-PROCEDURE INSTRUCTIONS**

***Please read the following instructions carefully and sign the last page***

You *may* eat breakfast or lunch prior to your procedure if your procedure is being performed under local anesthetic. In the event you are having an advanced procedure which necessitates a light sedation do not eat at least eight hours prior to the procedure or unless otherwise instructed by the surgical center. Please confirm with our office PRIOR to the day of the procedure so that you can prepare.

Make arrangements for transportation to and from the facility where you are having the procedure. ***Your procedure will be cancelled unless you are accompanied by another driver! This is for your safety!***

### **FACILITY: OVERLOOK PAIN MANAGEMENT CENTER**

**11 Overlook Road**

**Suite B110 (MAC II Building)**

**Summit, NJ 07901**

**Telephone for Pain Center if lost or questions for day of procedure: 908-522-6980**

***Note: Look for signs for garage parking for MAC II building NOT Emergency Room or Main Hospital***

***\*\*Arrive 30-60 minutes prior to your procedure time as instructed by the Center***

Note: If you have an allergy to an anesthetic medications, contrast dye, IVP dye, shellfish, or iodine, please notify the doctor prior to the procedure.

### **MEDICATIONS TO DISCONTINUE:**

- Please stop taking any over the counter NON PRESCRIPTION non-steroidal anti-inflammatory (NSAIDs) or other blood thinning supplements *the day prior to the date of the procedure*. This limits the chance of a bleeding complication. Such NSAID/blood thinning medications include (but not limited to):
  - Aspirin, Ecotrin, Bufferin, Ibuprofen, Motrin, Advil, Naprosyn (Naproxen), Aleve, Relafen (Nabumetone), Voltaren (diclofenac), Lodine, Fish or Flaxseed Oils, Vitamin E, Cataflam, Feldene, Ticlid
- In addition, please disclose any and all supplements or herbals you may be taking as some of these may also have blood thinning effects and need to be discontinued prior to your procedure.

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- Those taking Aspirin, Coumadin, Plavix, Xarelto, or other prescription blood thinners must **FIRST** obtain medical clearance from their PMD or cardiologist. ***DO NOT*** discontinue these medications unless we have received this clearance from your physician via fax or brought to us by you on their prescription pad. Once approved by your PMD/cardiologist, Plavix must be discontinued for seven days and Coumadin must be discontinued until INR level is less than or equal to 1.4 as indicated by lab results that will be drawn the day prior to the procedure or the procedure will be postponed.
- If you have ANY questions regarding whether or not you should take a particular medication or supplement PLEASE ask during the office visit or call our office *PRIOR* to the day of your procedure.

## **PLEASE DO CONTINUE:**

- **ALL of your other prescribed medications as usual unless otherwise directed by Dr. Cardamone or your PMD/Cardiologist.**
- You *may* take and are encouraged to take Acetaminophen (Tylenol) or opioid pain medications (Nucynta, Lyrica) if they have already been prescribed and would be necessary for you to comfortably lie in a prone or supine position for the duration of the procedure. Again, if any questions please ask *PRIOR* to procedure day!!

**KINDLY CONTACT OUR OFFICE AT LEAST 24 HOURS BEFORE YOUR PROCEDURE IF YOU NEED TO CANCEL YOUR PROCEDURE FOR ANY REASON OR YOU WILL BE CHARGED THE FULL COST OF THE PROCEDURE AS A CANCELLATION FEE.**

*I have read and understand the above instructions. In the event that I do not follow these instructions I understand my procedure must be cancelled and rescheduled at the doctor's recommendation.*

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Patient Name

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Date