

# The Permanente Medical Group, Inc.

401 BICENTENNIAL WAY  
SANTA ROSA, CALIFORNIA 95403

## Department of Physical Medicine and Rehabilitation

Donald Green, M.D.  
Mette Hansen, M.D.  
Tracey Jones, M.D.  
Hari Lakshmanan, M.D.  
Kirk Pappas, M.D.,  
David Vidaurri, M.D., Chief  
Todd Weitzenberg, M.D.  
Helen Yee, M.D.  
Rose Bruso, M.D.

ANTIOCH	RANCHO CORDOVA
CAMPBELL	REDWOOD CITY
DAVID	RICHMOND
FAIRFIELD	ROSEVILLE
FREMONT	SACRAMENTO
FRESNO	SAN FRANCISCO
GILROY	SAN JOSE
HAYWARD	SAN RAFAEL
MARTINEZ	SANTA CLARA
MILPITAS	SANTA ROSA
MOUNTAIN VIEW	S. SACRAMENTO
NAPA	S. SAN FRANCISCO
NOVATO	STOCKTON
OAKLAND	VACAVILLE
PARK SHADELANDS	VALLEJO
PETALUMA	WALNUT CREEK
PLEASANTON	

Name: \_\_\_\_\_

MR#: \_\_\_\_\_

## PATIENT INFORMATION FOR SPINE INJECTIONS

### APPOINTMENT INFORMATION:

\_\_\_\_\_ at \_\_\_\_\_ with:

DATE TIME

- Dr. Green
- Dr. Jones
- Dr. Lakshmanan
- Dr. Pappas
- Dr. Vidaurri
- Dr. Weitzenberg

**Location: Outpatient Surgery Department, Medical Office Building 5**  
**3975 Old Redwood Highway, 2<sup>nd</sup> Floor.**

Please register by \_\_\_\_\_ in Admitting.  
Please notify the registration desk if this is an industrial injury.

For cancellations, or rescheduling, call (707) 566-5557. If you need to cancel, please try to do this one week prior to your appointment.

### PREPARATION:

**Please feel free to eat something prior to visit.**

Stop taking **aspirin 7 days** prior to the procedure.

Stop taking other **anti-inflammatory medications 3 days** prior to the procedure: Ibuprofen (Advil/Motrin), Naproxen (Alleve/Naprosyn), Nambumetone (Relafen), Etodolac (Lodine), Meloxicam (Mobic),

Indomethacin (Indocin), Salsalate, Feldene, Voltaren, Meclomen, etc.

Stop any herbal or natural blood thinners (ginger, ginkgo, ginseng, vitamin E, feverfew/tanacetum).

It is **not** necessary to stop taking Tylenol (Acetaminophen), Tylenol #3, Vicodin, Percocet, or Darvocet .

Notify your doctor if you are taking anticoagulants (Coumadin, Heparin or Plavix) or if you have a history of a bleeding disorder as you will need specific lab tests prior to this procedure.

If you are diabetic, the cortisone will increase your blood glucose levels for several days.

Notify your doctor at (707) 566-5557 if you are currently being treated for any infection.

**- FOR ALL SPINAL INJECTIONS YOU MUST ARRANGE FOR TRANSPORTATION HOME. HAVE YOUR DRIVER AVAILABLE WITH YOU TO ASSIST YOU AT THE END OF THE PROCEDURE.**

**PREGNANCY:** If there is any possibility that you might be pregnant, you should not have this procedure because of X-ray exposure.



KAISER PERMANENTE.