

Spinal Cord Stimulator Instructions

- Avoid showering for the length of the trial
- Take a sponge bath or cover your dressing completely to keep it clean and dry
- We will remove the dressing at your upcoming appointment
- If dressing becomes soiled, please call our office

When to Call Us Following Your Procedure

- Fever higher than 100.5 degrees Fahrenheit or chills
- Prolonged headache, urinary retention, incontinence, or prolonged numbness/weakness of extremities
- Upset stomach or vomiting even after resting and consuming only liquids
- Redness, swelling, warmth, foul odor or drainage from your injection site or IV site



Spine & Pain Management Center
1900 Wealthy Street, SE, Suite 290
Grand Rapids, MI 49506
Phone 616.774.8345
Fax 616.774.8350
shmg.org/spine



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Spine & Pain Management Center

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Procedure Instructions



Your Procedure Information

You are scheduled

for _____

on _____

at _____

In order for us to provide efficient care, please arrive 30 to 60 minutes prior to your scheduled time. Please arrive at _____, unless otherwise directed. If you arrive late, your appointment may be rescheduled.

Your insurance carrier will be notified in order to obtain prior authorization. Our office will contact you if your insurance carrier is requesting additional information and if the procedure needs to be delayed.

When to Call Us in Advance of Your Procedure

- You cannot make your appointment because of illness, fever, transportation issues or weather-related emergencies
- You are feeling better and only have minimal pain

Pre-procedure Instructions

If you were on antibiotics, you must have completed the course of the prescription, and be symptom and fever free for one week.

If you are currently taking blood thinners please alert our staff. We will contact your prescribing physician and notify you of special instructions. Remember not to stop these medications without a doctor's approval.

Please refrain from requesting medication refills/changes during your procedure visit. If a medication refill/change is needed, call your provider's medical assistant at least 48 hours prior to your procedure. Prescriptions can be held at the front desk and obtained during check-in.

You must bring a responsible adult driver (age 18 or older) with you for your procedure. He or she must stay for the duration of your visit. Unfortunately, you will not be able to use public transportation (e.g. taxi, bus, Uber, Ambucab).

If your referring physician feels sedation is needed, please discuss this with your pain proceduralist prior to the procedure.

Only one family member is allowed in the procedure area. Please, no children under 16 years old.

- **Day of procedure (solids):** You may consume a light meal consisting of dry toast, crackers or pretzels up to six hours prior to procedure time. Consumption of other foods may lead to a delay or cancellation. A full meal may be consumed no later than eight hours prior to your procedure time.
- **Day of procedure (clear liquids):** Clear liquids, preferably water, are encouraged up to two hours prior to procedure time. Consumption of other liquids may lead to a delay or cancellation. Clear liquids include:
 - Water
 - Apple, grape or cranberry juice
 - Gelatin without fruit or toppings
 - Coffee/tea without cream
 - Sodas (ginger ale, Sprite, 7UP, colas)
 - Sports drinks

If you underwent any testing (Magnetic resonance imaging (MRI), computed tomography (CT), X-rays, etc.) prior to this procedure, please bring the CD with you to the procedure if the testing was completed outside of Spectrum Health.

Post-procedure Instructions

Because this is an injection, you may have soreness at the site. The steroid medicine in the injection can/may take up to 24 to 48 hours to take effect. It can take up to seven days for full effect.

We recommend that you apply ice or cold packs to the sore area for 15 minutes, and then remove the pack for 15 minutes. Repeat this cycle for a few days after your procedure if needed to help with pain. Keep heat off the injection site for up to two hours.

Resume medications as prescribed for pain. Take pain medication with food to prevent upset stomach or vomiting.

If you were sedated, do not drink alcohol for 24 hours. Do not review or sign any legal documents for 24 hours post-procedure.

Do not smoke or use tobacco.

Avoid strenuous activities for the remainder of the day. You can resume your normal activities the day after the procedure.

You may start driving and go back to work the day after the procedure.

Restart blood thinners the evening of the procedure.

If you are diabetic, your blood sugar may increase for the first week after the procedure. If your blood sugar increases, please call the physician who manages your diabetes.

Keep dressings and bandages clean and dry.

You may take a shower after the procedure, but refrain from soaking in a bath for 24 hours. You may take a shower after the procedure, but refrain from soaking in a bath for 24 hours.

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