

Before and After Your Procedure

At the Sports Medicine Center at Harborview

Procedure: _____

Please follow all the instructions that are marked below.

Arrive before your procedure by:

- 15 minutes
- 45 minutes
- 1 hour – for a blood draw or to start your *intravenous* (IV) line



Arrive early, as marked.

Driver or escort:

- You must have a driver to bring you to the clinic and take you home.
- Having a driver is optional. If you drive yourself, you will need to wait 15 to 30 minutes after your procedure before driving.
- Your escort may drive you in a car, or you may ride together in a bus, taxi, shuttle, or other public transit.

Eating and drinking:

- You may eat and drink as usual.
- Do **not** eat or drink anything for 6 hours before your procedure.

Blood sugar:

- Check your blood sugar the morning of your procedure. Avoid eating or drinking simple sugars the day of your procedure.
- We may check your blood sugar on the day of your procedure.

Medicines and vaccines:

- Take your blood pressure or diabetes medicines as prescribed.
- Bring your inhaler, _____, with you.
- Stop taking vitamin and herbal products 7 days before your procedure.
- Stop taking your anti-inflammatory medicine, _____, _____ day(s) before your procedure.

- We will call you to explain how to manage blood thinners after we talk with your primary care provider (PCP).
- If you are taking HIV medicines, we will call the provider who prescribed your medicines to make sure it is safe for you to have the procedure.
- If your doctor tells you to take anti-anxiety medicine, take it before your procedure. (If you take this medicine, you **must** have a driver to bring you to the clinic and take you home.)
- If you begin taking antibiotics or you have a fever, call the clinic to reschedule your procedure.
- Do **not** get a vaccine for 2 weeks before or 2 weeks after your procedure.

Other:

- We may place an *intravenous* (IV) line into your arm vein.

After Your Procedure

Unless your care provider gives you other instructions:

- You may do your usual activities on the day after your procedure.
- You may shower.
- Do **not** take a bath, swim, or sit in a hot tub for 48 hours.
- Do **not** apply direct heat or use a heating pad on the site for 48 hours.
- You may return to work the day after your procedure, unless you have a job that involves physical labor. Talk with your provider about this.
- Avoid physical therapy or intense exercise for 3 to 7 days. Ask your provider when it will be OK for you to resume exercise.
- The day after your procedure, resume taking medicines you stopped.
- Be aware that your symptoms may get worse before they get better.
- If you have a steroid injection, it may take 2 to 3 weeks for you to receive full benefit.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

To talk with a clinic nurse at the Sports Medicine Center at Harborview: Weekdays from 8 a.m. to 4 p.m., call 206.744.0401 and press 2.

Who to Call

The Sports Medicine Center at Harborview is open weekdays from 8 a.m. to 4 p.m. Call 206.744.0401 and press 2 if you:

- Have questions about your procedure
- Want to talk with a clinic nurse about your symptoms