



ALEX SIMOTAS, MD
 Associate Professor of Rehabilitation Medicine
 Assistant Attending Physician - Hospital For Special Surgery
 429 East 75th Street 4th floor, New York, NY 10021
 Phone: 212-606-1879 Fax: 212-794-1921
 E-mail: simotasa@hss.edu www.hss.edu

PRE-PROCEDURE CHECK LIST

- PLEASE BRING YOUR MOST RECENT SPINE MRI/CT SCAN TO THE SPECIAL PROCEDURE UNIT. THIS DOES NOT APPLY TO PATIENTS WHO HAVE HAD THEIR IMAGING STUDIES DONE AT HOSPITAL FOR SPECIAL SURGERY. [NOTE: IMAGES FROM EAST RIVER IMAGING ARE NOT PART OF HOSPITAL FOR SPECIAL SURGERY.]
- Advise Dr. Simotas if you are being treated for any infection. Your procedure may have to be postponed until the infection clears up.
- Advise Dr. Simotas if you are on any diabetic medication.
- Advise Dr. Simotas if you have any allergies to local anesthetics, contrast dyes, and / or latex.
- MEDICATION INSTRUCTIONS: The following is a list of medication instructions that must be adhered to with regard to your scheduled procedure. A copy of your prescribing physician’s written consent approving stopping or altering medications **MUST** be submitted to Dr. Simotas’s office at the time of the consent. Failure to do so may result in a delay of the scheduled procedure.

MEDICATION	INSTRUCTIONS	CONSENT REQUIRED
BABY ASPIRIN	May Continue Taking	Not Applicable
COUMADIN	Must Check with Prescribing Physician for Special Instructions	Must have Written consent prior to stopping medication and must submit to Dr. Simotas
TICLID	Must Stop 14 Days Prior to Procedure	Must have Written consent prior to stopping medication and must submit to Dr. Simotas
PLAVIX AND REGULAR ASPIRIN	Must Stop 7 Days Prior to Procedure	Must have Written consent prior to stopping medication and must submit to Dr. Simotas
ANTI-INFLAMMATORY/NSAIDS	Must Stop Taking 48 Hours Prior to Procedure	None Required

- The nursing staff will schedule the exact time of your injection. They will contact you one (1) day prior to the procedure date.
- If you are having a **Cervical Spine Injection/Procedure** you **cannot** eat after midnight prior to your procedure. Clear liquids are permitted up to 6 hours prior to your procedure.
- If you are having a **Cervical Spine Procedure** Dr. Simotas will order a prescription for Ativan which will be given to you by the nurses at the Special Procedure Unit the day of your procedure.
- If you are having a **Thoracic or Lumbar Spine Procedure** you **may** have a light breakfast on the morning of your injection.
- You need to check in 45minutes to 1 hour prior to your scheduled procedure time at the **Special Procedure Unit at 429 East 75th Street, 2nd Floor.**
- You **will** be required to sign a consent form **prior** to the procedure.
- The actual procedure generally takes 30-45 minutes. There is a 30-60 minute post-injection recovery and observation period.