

**OrthoVirginia Pain Management Suite**

5899 Bremono Rd.

MOB West 1st Floor

Richmond, VA 23226

**DATE:** \_\_\_\_\_**ARRIVAL TIME:** \_\_\_\_\_**PROVIDER:** \_\_\_\_\_**Lumbar Epidural Steroid Injection Instructions**

You have agreed to have a Lumbar Epidural Steroid Injection with Dr. Joshua Herzog.

- 1.** You must have someone drive you to and from your injection. They must stay at the facility for the duration of your appointment.
- 2.** You may eat a light breakfast prior to your injection.
- 3.** You may take your medications in the morning prior to your injection.
- 4.** If you take Coumadin (Warfarin) you must have your INR drawn the Friday or Monday prior to your injection. INR must be less than 3. If your INR is 3 or above, your injection will be rescheduled.
- 5.** If you have allergies to IV contrast, you must notify us prior to your procedure because you will require premedication that will start 2 days prior to your procedure.
- 6.** If you are diabetic, your blood sugar must be less than 250 to have your ESI. If your blood sugar is above 250, your injection will be rescheduled.