

### Pre-Op Instructions

Please let Dr. Ashford know if you are on any blood thinners (such as Coumadin), Aspirin products, or anti-inflammatory medications (such as Advil, Motrin, Ibuprofen, Aleve, Celebrex, Toradol, Naprosyn, etc).

We will call-in three pills for you to take prior to your procedure. One medication (Valium) is a relaxation medication, one is a pain pill (Norco) and one is a nausea preventative (Phenergan). In addition, please purchase an over-the-counter nasal decongestant (Afrin or Neo-synephine). Because these medications may cause drowsiness, you will need someone to drive you home the day of the procedure.

<b>7 Days Before</b>	<b>STOP ALL ASPIRIN</b> (and products containing <b>ASPIRIN</b> )
<b>5 Days Before</b>	<b>STOP ALL ANTI-INFLAMMATORY MEDICATIONS and VITAMINS</b>
<b>The Morning of the Procedure</b>	No restrictions on eating or drinking. We encourage you to have a light breakfast or lunch prior to beginning pre-procedure medication.
<b>90 Minutes Before</b>	<ul style="list-style-type: none"><li>- Over-the-counter nasal decongestant (Afrin or Neo-synephine), one squirt each nostril</li><li>- Take one Valium</li></ul>
<b>60 Minutes Before</b>	Over-the-counter nasal decongestant (Afrin or Neo-synephine), one squirt each nostril
<b>30 Minutes Before</b>	<ul style="list-style-type: none"><li>- Over-the-counter nasal decongestant (Afrin or Neo-synephrine), one squirt each nostril</li><li>- Take one Valium</li></ul>
<b>Upon Arrival</b>	Take one Valium, Norco, and Phenergan

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